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Practical Guide

Supporting Your Child's Sensory Needs

Every child experiences their environment differently.



Try these simple strategies to help your child feel comfortable and ready to participate.

1. Notice the patterns

Notice when your child seems most comfortable and engaged — and when things become harder. Think about noise, crowds, movement, clothing, smells and other sensations.

2. Prepare for busy environments

Talk about what your child can expect before going somewhere new, noisy or busy.

3. Create a calm space

Provide a comfortable place your child can use when they need some quiet time or a break.

4. Build in movement

Running, jumping, climbing, dancing or carrying things can provide useful movement throughout the day.

5. Make transitions predictable

Use simple warnings such as "five more minutes, then shoes on" to help your child prepare for what comes next.

6. Follow your child's cues

What works for one child may not work for another. Watch your child's responses and adjust activities to suit them.

Get support from our children's therapy experts today!

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