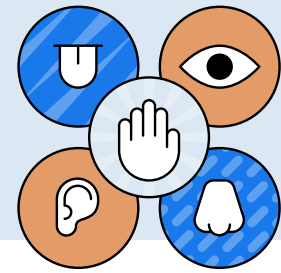


Sensory-Friendly Environment Guide



Overview:

Creating a sensory-friendly space at home can help your child feel secure and calm. Children with sensory processing differences may seek certain sensations or avoid others. Use this guide to set up a sensory-friendly area for them.

Setting Up the Space

1

Visual Environment

- **Soft Lighting:** Use lamps or dim lights instead of harsh overhead lighting. Avoid flashing or overly bright lights.
- **Minimal Visual Clutter:** Keep the area organized with few distractions to prevent overstimulation.
- **Example:** Use a simple lamp in the reading corner, and avoid placing too many toys in their line of sight.

2

Tactile Features

- **Comfortable Textures:** Add soft blankets, pillows, or plush rugs. Some children enjoy rough textures, so consider textured pillows or sensory mats.
- **Accessible Tactile Toys:** Provide objects like stress balls, textured cushions, or soft animals.
- **Example:** Place a soft blanket and a few textured toys in their calming corner.

3

Auditory Environment

- **Noise-Reducing Tools:** Have noise-canceling headphones or earplugs available for loud situations.
- **Soft Background Sounds:** Use white noise machines or play calming music at a low volume if they enjoy background sounds.
- **Example:** Play gentle rain sounds during reading time to create a calm auditory environment.

4

Movement Zone

- **Safe Movement Options:** Create space for movement activities like a mini-trampoline, a swing, or a rocking chair.
- **Example:** Set up a small trampoline in one corner where they can release energy safely.

Daily Sensory Routines

- **Stretching Breaks:** Do simple stretches with them, like reaching up high and bending down low.
- **Tactile Play Ideas:** Try sand play, clay, or finger painting to explore textures.
- **Calming Sound Times:** Include quiet time with nature sounds or soft music.

