

Sensory Parenting and Teaching Tips

Know your child

- Know what triggers your child and adapt as necessary
- Plan activities based on capacity and time of day
- Be flexible when your child has met their limit

Love and expectations

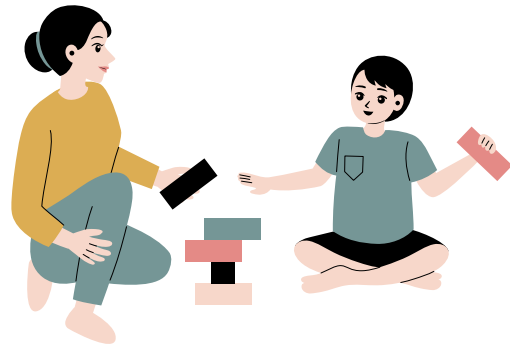
- Use proximity and calm voice
- Clearly state the boundary or rule ahead of time
- Practice expectations when your child is calm
- Use humor & positive praise often

Visuals

- When possible prepare for new experiences with visuals or a social story.
- Use an emotion tracker or emotion wheel

Auditory accommodations

- Purchase and use noise cancelling headphones
- Play relaxing or preferred music



Tactile support

- Find preferred fidgets or sensory items and carry them with you
- Have preferred snacks or water available
- Have gum or a chewy item available

Quiet & Calming Activities

- If your child begins getting overstimulated, find a quiet place or preferred activity
- Be flexible with plans and adapt as necessary

Other things to remember:

- You are not alone! Recognize how hard parenting can be and don't be afraid to reach out for support, Jewish Family Services of Greater Kansas City is a great first step: visit www.jfskc.org



How to Make a Sensory Space

Create a space with a defined boundary

- Moving wall or partition
- Rug
- Pillows
- Tent



Comfortable & flexible seating

- Wiggle seat
- Bean bag chairs
- Exercise ball

Quiet activities

- Books
- Puzzles
- Coloring

Visually calming

- Low lighting
- Lamps
- Liquid bubbler
- Projector with images

Auditory accommodations

- Noise cancelling headphones
- Ear plugs
- Person preferred music
- White noise machine

Tactile objects

- Fidgets
- Weighted blankets
- Kinetic sand
- Water beads

Other items to include

- Signage for the door
- Water and snacks
- Emotion wheel or emotion tracker