

PORTABLE SENSORY TOOL KIT



SUNGLASSES

Sunglasses can be great for light sensitivity. The sun can be too bright or fluorescent light bulbs too harsh.

WEIGHTED LAP PAD OR VEST

Just as deep touch pressure being a way to calm your child, a weighted lap pad can help with this as well.

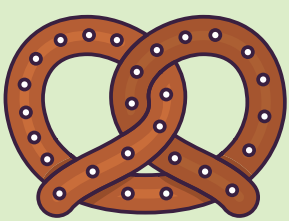
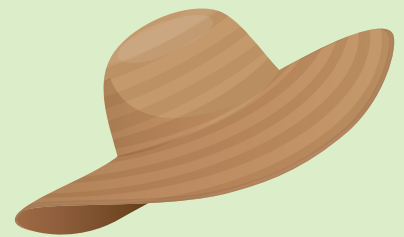


NOISE-CANCELING HEADPHONES

Often times, noises can become too much. Ear noise-canceling headphones blocking out auditory stimuli or distraction can really help.

WIDE-BRIMMED HAT OR CAP

These can be helpful in allowing your child some distance from social interactions and also good for blocking any remaining light.



CHEWY OR CRUNCHY SNACK

Chewy or crunchy snacks can help because oral proprioceptive input is calming and hungry kids are crankier!

UNSCENTED HAND WIPES

These help with any tactile sensitivities when your child accidentally touches something that irritates them.

