



5 Sensory Back to School Tips for Kids and Parents

YOUTUBE FREEBIE

It's time for back to school!

The change in routine can throw the entire family for a loop, so try one or all of these strategies to help ease the transition and create a fun routine around school!

1 SUCCESSFUL MORNING ROUTINE

Create a fun morning routine before school to help your child feel ready to take on the day!

- A personalized morning sensory diet with alerting activities
- A nutritious breakfast (limit sugar; include protein)
- Use a visual schedule to stay organized
- Try to get outside first thing in the morning
- Try to avoid screens first thing in the morning
- Complete a fun obstacle course routine

2 SENSORY / CALM DOWN CORNER

On a weekend, create a sensory / calm down corner with your child.

Talk about how to use it - it's a great strategy for after school, a quiet place for your child to decompress in after a long day at school.

Include personalized items that will help your child feel calm and regulated.

Practice using the sensory / calm down corner - role play using it after school.

Be sure to make it a positive place to be, versus a "punishment" for "bad" behavior after school.

3 BEDTIME SENSORY DIET

A great morning starts with a good night's sleep, so be sure to take a look at your child's bedtime routine. Are they struggling to fall asleep? Are they struggling to stay asleep? These factors could be why your child is struggling in the morning and throughout the school day!

- Decrease screens 2+ hours before bed
- Get outside in the evening
- Dim / change artificial lights during the bedtime routine
- Use soothing music and calming scents
- Meet your child's sensory threshold (sensory needs) before bed
- Practice mindfulness and gratitude before bed



4**GET GROUNDED AFTER SCHOOL**

If possible, spend time outside after school. This can be part of the after-school routine with the sensory / calm down corner.

Try to be barefoot, lay on the ground, run and jump and climb.

Being outdoors has positive effects on the nervous system and can help with regulation after a long day indoors.

5**EXPECTATIONS AND ROUTINES**

If applicable for your child, talk about expectations and routines before school starts.

- Do a practice run for the morning and bedtime routine
- Practice using the sensory / calm down corner
- Visit the school ahead of time
- Use visuals to prepare for routine changes
- Expect some anxiety / nervousness - validate and co-regulate

BONUS!

1 FREE SENSORY DIET WEBINAR

Learn the basics of sensory processing, meeting the sensory threshold, and creating personalized sensory diets!
<https://harkla.co/pages/sensory-diet-webinar-opt-in>

2 SENSORY STRATEGIES TO START THE SCHOOL DAY

More tips and tricks for the morning routine!
<https://harkla.co/blogs/special-needs/before-school-strategies>

3 STRATEGIES FOR AFTER SCHOOL

More tips and tricks for the after school routine!
<https://harkla.co/blogs/special-needs/after-school-strategies>

Want more help?!

[CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>