



5 Strategies for a Sensory Avoider

YOUTUBE FREEBIE

Sensory Over-Responsiveness can cause a child to avoid certain types of sensory input, such as certain clothing items, playground equipment, food, or even loud environments.

Use these strategies to help your sensory avoider!

1 PROPRIOCEPTION

Proprioception is known as the "all calming and grounding" sense. It can help regulate the nervous system when it becomes overwhelmed or overstimulated. Try adding a couple of these proprioceptive-based activities into the daily routine, as well as BEFORE an activity that your child tends to avoid:

- Chewing gum
- Deep touch pressure
- Weighted blankets / compression clothing
- Lean against a wall
- Chair push ups
- Dots and squeezes on the hands
- Stress balls

2 OBSTACLE COURSES

A simple, yet well-designed, obstacle course can provide your child with just enough sensory input to challenge them while also being fun and motivating. Be sure to include multiple senses into the course, as well as encourage your child to do the sensory activities that are difficult for them - this is called the "just right challenge."

- Watch [this YouTube video](#) for ideas on creating obstacle courses
- Listen to [this podcast episode](#) to learn about the "just right challenge"

3 SENSORY BINS

Sensory bins are perfect for children who struggle to tolerate different textures on their hands, face, or body. Start slow and don't pressure them to stick their hands into the bin. Instead, follow their lead and find ways to make it fun and engaging. Sensory bins can look like:

- A toy wash station with muddy toys, soapy water, and a rinsing bucket
- Favorite toys hidden in shaving cream
- Favorite toys hidden in a bucket of dry beans or rice
- Messy play with food during play or mealtime

Watch [this YouTube video](#) for more ideas with sensory bins.



4**THERAPEUTIC LISTENING PROGRAMS**

There are several therapeutic listening programs available, and they all have their benefits. Some are geared towards children who are auditory sensitive while others are geared towards children who are sensitive / avoidant of many things. Check out these options:

- [Advanced Brain Technologies](#)
- [Integrated Listening Systems](#)

Also look into noise cancelling headphones for noisy, loud environments.

5**SENSORY SOCIAL STORY**

Create a sensory story around your child's challenges and strategies. Identify what their specific challenge is, when it occurs, and how it makes them feel. You can write a story about it and even use pictures / drawings. Then add in strategies that your child can use that helps them feel calm and regulated. Again, use pictures and drawings.

- [Download a free template here](#)

BONUS Ideas!

1 PERSONALIZED SENSORY DIET

Create a personalized sensory diet with your child that can help them feel calm and regulated BEFORE an activity that is challenge. Be sure to include calming proprioceptive components. For example, if your child struggles to process the auditory and visual input at the pool, causing them to become anxious and avoid going, set up a sensory diet that they can complete 10-15 minutes before going to the pool. Activities such as animal walks, oral motor input, therapeutic listening, etc. They will be individualized to your child to help their nervous system feel calm and ready for the challenging event.

2 CHANGE THE TEXTURES

If your child struggles to tolerate certain textures of clothing, look into different ones.

If your child struggles to tolerate certain textures of food, look into providing different textures.

Put your sensory goggles on and see if there are modifications that can be made during the day.

Want more help?!

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

This full length digital course teaches you all about sensory diets and how to create a personalized sensory diet for your child (and even for you!).

- What is a sensory diet?
- What are the 8 sensory systems?
- How does sensory processing affect daily life tasks (such as self-feeding)?
- How to identify sensory preferences / sensory needs.
- Sensory activity toolbox.
- And more!

Visit: harkla.co/products/sensory-diet-course