

Sensory Avoidant Strategies

Some children avoid certain sensations and may need slow, supportive exposure — every child is different.

Texture Exploration



Offer opportunities to explore different textures in a low-pressure way. Children can look, touch briefly, or choose not to engage — all forms of participation are valid.

Watch First, then Play



Allowing children to observe an activity before joining gives them time to process and decide when they're ready to participate.

Slow Transition Routine



Providing extra time and preparation before transitions can help reduce sensory stress. Visual or verbal cues allow children to anticipate what's coming next.

Food Play



Using food for play without expectations supports exposure in a relaxed, non-threatening way. The focus is comfort and curiosity.

Comfort Zone Play



Engaging in play within familiar, preferred spaces can help build confidence and safety before introducing new experiences.