

# 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.