

SENSORY ROADMAP FOR THE SEEKING CHILD

Understanding Your Child's Sensory Needs

Learning how your child's nervous system experiences the world helps you create an environment that supports their needs.



Regulating the Nervous System

Provide movement, touch, or tactile play in a controlled, safe way.



Build Structured Routines Around Sensory Input

Include sensory breaks and predictable activity times throughout the day



Gradually Increase Awareness & Self-Regulation

Help your child notice body cues and make choices to meet sensory needs.



Create a Personalized Routine

Include sensory breaks and predictable activity times throughout the day.

