

# SENSORY ROADMAP FOR THE SENSITIVE 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.



## Building a Safe and Connected Environment

Safety, co-regulation, and predictability allow the child's body and brain to shift into comfort and connection mode.

## Regulating the Nervous System

A calm nervous system helps new tasks and environments feel safe, not overwhelming.



## Build Your Child's Sensory Menu/Toolbox

Offering options to give your child a healthy and empowering way to care for their own nervous system.



## Gradual Exposure Through Play or Preferred Tasks

Building tolerance gradually, through joy and choice — not pressure - supports confidence and flexibility.

