

SENSORY ROADMAP FOR THE AVOIDANT CHILD

Provide Safety and Predictability First

A calm, structured, and predictable space reduces stress and allows them to engage without fear.



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.



Support Regulation Through Gentle Input

Gentle, controlled sensory experiences (like deep pressure or quiet spaces) help the body feel safe so one can notice and respond to the world rather than withdraw.

Introduce New Sensory Experiences Gradually

Introducing new sensations in tiny, playful steps builds confidence and tolerance while protecting them from overwhelm. The goal is not trying to change who they are — it is to help them feel safe exploring new sensory experiences.

Build a Personalized Sensory Menu/Toolbox

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