

Surviving Birthday Parties With Your Sensory Child

1 Before the event

- **Heavy work**
 - Have your child help with chores, create an obstacle course, or perform animal walks to provide input to body.
- **Deep pressure**
 - Give your child a bear hug, have them crawl under pillows/cushions, or wrap them up in a blanket burrito
- **Oral motor**
 - Give your child a crunchy/chewy snack and have them drink through straw



2 During the event

- **Arrive early**
 - Give your child a tour of the space and get acclimated
- **Compression clothing**
 - Under regular clothing
- **Oral motor input**
 - Use chewlery or chew gum, use a water bottle with a straw
- **Fidget bag**
 - Include putty, fidget poppers, squishy animals, noise cancelling headphones, and sunglasses
- **Notice the signs**
 - Understand when your child may need a break or to leave

3 After the event

- **Provide a calming environment**
 - Enclosed, quiet space
 - Dim lights
 - Light rhythmical music
 - Deep pressure activities



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