

# Paperflower Psychiatry

## Sensory Processing Tips



### Noise cancelling headphones

- For use in home or in school

### Create a safe space

- Have them help you decorate the space and personalize it
- Let the child decide when to use this space, do not use it as a place of punishment.



### Consider hygiene alternatives

- Sponge baths, using wipes, avoiding their face getting wet if showers distress them
- Baby toothbrushes can be softer and more tolerable



### Exploring Clothing

- Allow the child to pick out clothes they find comfortable
- Some clothing items can cause meltdowns if textures are uncomfortable



### Offer new foods at each meal and ask them to help you cook it

- Do not force them to eat it.
- Allowing them to explore the food in helping you prepare it may help with tolerating new textures, smells and tastes



### Sensory products

- Weighted blankets can mimic a hug and reduce stress
- Explore neck wraps, weighted stuffed animals, weighted vests, chew necklaces, white noise machines, light dimmers, stress balls, fidget toys

