

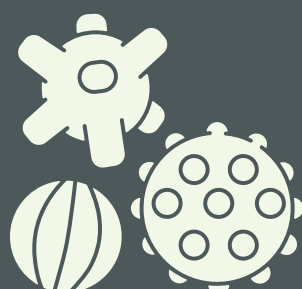
FOR SUPPORTING CHILDREN DURING SENSORY MELTDOWNS



Create a designated quiet space free from excessive sensory stimulation (e.g., bright lights, loud noises, clutter) where they can take a break to decompress



Teach them deep breathing exercises to help calm their nervous system and regulate their emotions during overwhelming moments.



Provide fidget toys, noise-canceling headphones, or weighted blankets for self-regulation.



Establish a consistent daily routine to reduce surprises. Incorporating a visual schedule if needed. Predictable schedules help children feel more in control of their environment.



Encourage them to express their feelings and discomfort using words or gestures. Open communication fosters trust and helps you understand their needs.

Remember, every child is unique, and it may take time to find the strategies that work best for your child. Be patient with them and yourself as you help them navigate sensory meltdowns.

