

Supporting Sensory Needs

Supporting sensory needs involves providing an environment that allows access to the individual's sensory preferences, as well as the option to avoid sensory overwhelming situations. When we support sensory needs, it is easier for the individual to maintain attention to a task, communicate, and socially engage, while navigating the environment.

Instead of this

- Waiting until dysregulation occurs and saying, "it's ok", or "calm down"
- Limiting access to self-regulatory behaviors. ex: Jumping, humming. etc.
- Expecting the Autistic person to stop regulatory behaviors that trigger caregivers.
- Controlling body movements, by saying; "quiet hands", "be still", "don't play with your fingers", etc.

Try this

- Proactively follow a plan to support sensory needs with consistency
- Embrace and encourage self-regulatory behaviors. ex: Flapping, spinning, etc.
- Assess caregiver's sensory needs and proactively adapt for and support those needs
- Provide fidgets, or a space to move; be proactive in having various sensory items or activities available at all times