



Because no family should stand alone

Sensory & Environment – Support for Autistic Children

Loud Noises

- Use ear defenders or noise-reducing headphones in loud places.
- Prepare your child before going somewhere noisy using simple explanations or pictures.
- Offer breaks in quieter areas to prevent overwhelm.
- Practice exposure slowly and gently over time if appropriate.

Crowded or Busy Places

- Go during quieter times if possible.
- Use a buggy, carrier, or holding hands for a sense of security.
- Keep visits short and gradually build up duration.
- Have a 'home base' item like a favourite toy for comfort.

Bright or Flickering Lights

- Use soft lighting where possible at home.
- Avoid harsh fluorescent lighting when you can.
- Allow sunglasses or caps indoors if it helps reduce visual stress.
- Create calm spaces with dim lighting to support regulation.

Unexpected Touch / Personal Space

- Explain upcoming touch before it happens (e.g., brushing, hugs, hair care).
- Encourage others to respect your child's personal space.
- Teach consent-based touch: 'Are you ready?' 'Can I do this now?'
- Weighted blankets, deep pressure, or tight clothing can help provide grounding.

Temperature Sensitivity

- Allow your child to control layers (jackets, hats, blankets).
- Offer warm or cool items for comfort based on preference.

- Be mindful of sudden temperature changes outdoors or indoors.
- Let your child choose clothes based on comfort, not expectation.

Sensory needs are real, valid, and unique to each child. Supporting sensory comfort helps reduce anxiety, increase confidence, and create a calmer environment for learning and connection. Small adjustments can make a big difference.