



SENSORY OVERLOAD SOOTHING STRATEGIES

.....♥ Checklist ♥.....

A CALMING GUIDE FOR CHILDREN AND ADULTS WITH AUTISM



1. REDUCE THE ENVIRONMENT

- ☐ Move to a quieter space
- ☐ Dim lights or use natural lighting
- ☐ Turn off loud appliances (vacuum, blender, TV)
- ☐ Reduce visual clutter or step away from crowds
- ☐ Offer sunglasses or a hat for bright lighting



2. SOOTHING TOOLS & SUPPORTS

- ☐ Noise-canceling headphones
- ☐ Soft, calming music
- ☐ Weighted blanket, lap pad, or compression vest
- ☐ Fidget toy or sensory object
- ☐ Chewelry or oral sensory tool
- ☐ Soft textured comfort item (plush, textured cloth)



3. CALMING THE BODY

- ☐ Deep breaths together (5 slow breaths)
- ☐ Gentle deep pressure (if preferred)
- ☐ Hand squeezes or "palm press"
- ☐ Slow rocking or swaying
- ☐ Stretching or simple movement breaks
- ☐ Access to a quiet "calm space"



4. SUPPORTING COMMUNICATION

- ☐ Offer simple choices: "Do you want quiet or dark?"
- ☐ Use visuals or gestures instead of words
- ☐ Give extra time to respond
- ☐ Avoid asking too many questions
- ☐ Use a calm, predictable tone
- ☐ Validate feelings: "It's okay. That was a lot."



YOU'RE DOING AN AMAZING JOB!

Every small step toward calm makes a big difference.



REMEMBER:

What helps one day might not help the next. You know your child best. Trust your instincts.



For more tips, resources, and support, visit:

<https://www.lifeafterabaclassroom.com/post/autism-and-sleep-problems-why-sleep-can-be-so-difficult-and-what-parents-can-do-to-help>