

Small, thoughtful changes to your child's environment can have a big impact on how calm, safe, and regulated they feel. Use the tick boxes below to notice what may be affecting your child and what you might adjust.

SIGHT (visual)



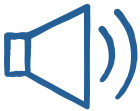
Audit your home for:

- Busy or cluttered rooms
- Bright, harsh, or fluorescent lighting
- Glare from windows, mirrors, or screens
- Too many toys or visual choices available at once

Possible adjustments:

- Reduce clutter or visual noise
- Use softer or dimmable lighting
- Close curtains or manage glare
- Create clearly defined play and rest areas

SOUND (auditory)



Audit your home for:

- TV, radio, or music playing in the background
- Buzzing, humming, or ticking sounds
- Echoes from hard floors or bare walls
- Noisy times during routines or transitions

Possible adjustments:

- Turn off unnecessary background noise
- Use rugs, curtains, or soft furnishings
- Create a quieter retreat space
- Be mindful of noise levels during stressful moments

TOUCH (tactile)



Audit your home for:

- Clothing labels, seams, or scratchy fabrics
- Bedding or furniture textures your child avoids
- Unexpected touch during care routines
- Messy play happening without warning

Possible adjustments:

- Choose soft, comfortable fabrics
- Remove labels where possible
- Give warnings before touch
- Allow your child some control over tactile experiences

SMELL & TASTE



(olfactory & gustatory)

Audit your home for:

- Strong cleaning products or air fresheners
- Lingering food or cooking smells
- Scented soaps, shampoos, or laundry products
- Strong food smells at mealtimes

Possible adjustments:

- Use unscented or mild products
- Ventilate rooms regularly
- Be mindful of smells during meals
- Keep calming spaces neutral-smelling

PROPRIOCEPTION



(body awareness)

Audit your home for:

- Few opportunities for pushing, pulling, or lifting
- Long periods of sitting still
- Your child seeking crashing, squeezing, or pressure

Possible adjustments:

- Build in activities like carrying, climbing, or pushing
- Offer firm hugs or deep pressure (if welcomed)
- Use cushions, blankets, or weighted items where appropriate

VESTIBULAR



(movement & balance)

Audit your home for:

- Opportunities for safe movement that changes body position/allows spinning indoors
- Sudden transitions between activities
- Movement that feels overwhelming or insufficient

Possible adjustments:

- Offer regular, predictable movement breaks
- Use slow, rhythmic movement to calm
- Support transitions with warnings and routine

INTEROCEPTION



(body signals)

Audit your home for:

- Difficulty noticing hunger, thirst, or tiredness
- Toileting challenges
- Sudden big emotions without clear cause
- Inconsistent daily routines

Possible adjustments:

- Name body signals and feelings out loud
- Keep routines predictable where possible
- Offer regular visual reminders for eating, drinking, and rest