



SENSATION AVOIDING

High AVOID	BATHING	DRESSING	MEALTIME	PLAYING	BEDTIME	OUTINGS
TOUCH	<p>Use cotton fabric material for washcloth and toweling.</p> <p>Press firmly on large surfaces of child's body when washing.</p> <p>Press soap bar directly on skin.</p>	<p>Warm wipes before using them.</p> <p>Undergarments without an elastic.</p> <p>Wear firm fitting undershirts/panties.</p>	<p>Be particular about temperature of foods served.</p> <p>Create homogeneous textures in food.</p>	<p>Identify play area with space away from other children.</p>	<p>Keep fans from blowing on the child.</p> <p>Use heavy blankets.</p>	<p>Keep child out of crowded spaces.</p> <p>Wear tight fitted clothing.</p>
MOVEMENT	<p>Pick one position for bathing and stick with it.</p> <p>No bending over or reaching.</p>	<p>Gather clothing for child to dress in one place.</p>	<p>Select an assigned seat.</p>	<p>Honor sedentary play...add movement from sitting in a methodical way.</p>	<p>Reduce movements/rocking.</p> <p>Identify routine.</p>	<p>Use stroller with upright sitting position.</p>
Low AVOID	BATHING	DRESSING	MEALTIME	PLAYING	BEDTIME	OUTINGS
TOUCH	<p>Use more tepid bath water.</p> <p>Create a skin contact pattern.</p>	<p>Select one brand of undergarments and always use them.</p>	<p>Serve one pot meals/casseroles to keep texture/temperature more even.</p>	<p>Select a play space with controlled amount of room away from others.</p>	<p>Use undersized clothing.</p> <p>Use heavy blankets.</p>	<p>Run errands during off peak times with child to reduce bumping.</p>

MOVEMENT	Pick one position for bathing and stick with it.	Gather clothing for child to dress in one place.	Use a high chair so movement is minimized during meal.	Use quiet play. Create a clear place for each toy.	Get to lying position quickly and stay there.	Always use a stroller to standardize the child's movement input.
VISUAL	Select a small group of toys for bath and continue using them.	Place clothing in one location.	Serve the child one container with singular food.	Use closed shelving and cabinets for toy storage.	Install shades on windows; close doors.	Give child something to look at while moving about.
AUDITORY	Close bath door. Hum to make even background sound.	Close the door to the room during dressing routine.	Select mealtime music for the background	Use ear plugs/muffs in play.	Use a fan to create "white" noise in room.	Talk to child to keep auditory attention close, and reduce attention to environmental sounds.
TASTE/SMELL	Use unscented soaps, lotions.	Use unscented products for self before dressing child.	Prepare the child for the food taste ahead of time; par with pics.	Use unscented products to clean toys.	Use unscented products on bedding, your hands.	Be cautious about locations with scented environments.
BODY POSITION	Create routines and stick with them for everyday tasks that must be completed.	Create a body position ritual you follow. Have child look at you while	Find alternative to holding child to eat/feed. Serve more homogeneous	Create a body position for playing distractions.	Identify favorite positions for falling to sleep.	Bundle the child up to provide more touch pressure input effect as you move.

		<p>dressing.</p> <p>Have child focus on one toy/poster while dressing.</p>	<p>colors together.</p>			
HIGH						
AUDITORY	<p>Close the bathroom door.</p> <p>Run water before the child enters the bathroom.</p> <p>Play soft background music during bath.</p> <p>Tell child what you are doing, and then be quiet or hum.</p>	<p>Tell child what you will do; be quiet otherwise.</p> <p>Turn off radio/TV.</p> <p>Turn on background sound, such as music in another room.</p>	<p>Use even background noise.</p> <p>Talk to one person at a time.</p> <p>Use coated or plastic utensils and paper plates to reduce noise.</p>	<p>Allows child to move to a more remote location for play.</p> <p>Play even tempo background music during play time.</p>	<p>Turn off sound sources.</p> <p>If child has preferred song or background noise, play softly.</p>	<p>Use ear plugs/ ear muffs.</p> <p>Select nonpeak times for outings/ errands.</p> <p>Limit the amount of time in loud public places.</p>
TASTE/SMELL	<p>Identify flavors, scents, textures child likes and incorporate them regularly.</p>	<p>Remove air fresheners from room.</p> <p>Apply own scents after dressing child.</p>	<p>Identify favorite spice and incorporate often.</p> <p>Tell child name of aromas of</p>	<p>Be careful about cleaners for toys- use unscented.</p>	<p>Use unscented laundry soap for bedding.</p> <p>Use scented soap for hands.</p>	<p>Be cautious about entering stores/ aisles with scented products.</p> <p>Reduce exposure to</p>

			flavors/ foods.			scents inn public.
BODY POSITION	<p>Create routines and stick with them.</p> <p>Have child prop on hands/arms during bath.</p>	<p>Make tasks smaller in time/ in parts.</p> <p>Have child stand to dress.</p> <p>Follow same sequence every day.</p>	<p>Create a comfortable seating structure for the child for mealtime.</p>	<p>Crawling in tight spaces, carrying heavy objects/ pushing heavy objects.</p>	<p>Use very heavy blankets.</p>	<p>Wrap child in blanket.</p> <p>Have child wear back pack.</p> <p>Place heavy toy on lap.</p>