FREE FAMILY GUIDE

Sensory-Friendly Everyday Routines

Predictable steps, fewer demands and room for your child's preferences.

Begin with what feels comfortable

Notice light, sounds, smells, clothing and movement. Ask your child where possible, and watch their gestures, expressions and actions. Keep helpful supports available. Offer choices rather than assuming one tool will suit every child.

A gentler morning

1. Show two or three steps using photos or words.
2. Offer comfortable clothes and time to get dressed.
3. Keep breakfast familiar where possible and reduce competing noise.
4. Pause before leaving: offer a quiet moment or preferred movement.
5. Show what happens next. Allow extra transition time.

A quieter bedtime

1. Keep the order familiar, while staying flexible about timing.
2. Lower sound and light if your child prefers it.
3. Offer a choice of wash options and comfortable night clothes.
4. Share a familiar story or another calming activity.
5. Let your child know you are nearby. Avoid turning sleep into a demand.

These examples are starting points, not a schedule every family must follow.

General educational guidance, not medical or therapeutic advice. Adapt ideas to your child. Seek qualified support for persistent distress, pain, feeding or sleep concerns. Never force touch, movement or eye contact.

My sensory preferences

Complete together where possible. A preference can change from day to day.

Sounds and light that feel comfortable	
Clothing, washing and textures	
Movement or quiet time I choose	
How I show I need a break	
What helps when plans change	

Safety first

Use only familiar, age-appropriate supports. Do not introduce weighted items, supplements or restrictive techniques without individual guidance from a qualified professional.

Our small-step routine

Choose one part of the day and begin with a few manageable steps.

Routine: _____ Date: _____

First step and support	
Next step and support	
Last step and support	
Choice or break we can offer	
What worked / what to change	

If a step is difficult, reduce the demand, offer help or pause. A break is support, not something your child has to earn.

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