



# SENSORY SMART



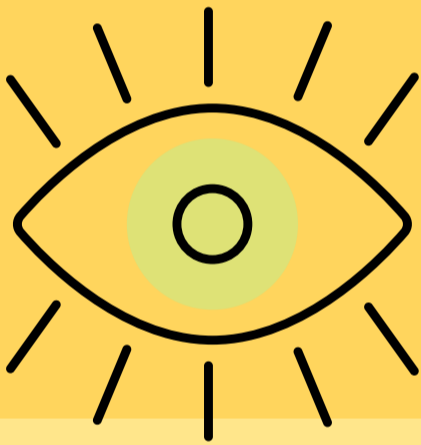
## SLEEP TIPS FOR KIDS

- Weighted blanket
- Burrito wrap/tuck in
- Massage
- Bear hugs

### DEEP PRESSURE



### VISUAL STIMULATION



- Watching a fishtank (real or Youtube!)
- Lava lamp or other slow moving changing night light.

- White noise machine
- Ceiling or freestanding fan
- Relaxing sounds CD/app (we like Calm & YouTube)

### WHITE NOISE



### WARMTH



- Warm rice or wheat sack
- Wrapped in a fluffy blanket and massaged to create and contain heat
- Warm blankets in dryer before bedtime

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