



SENSORY PROCESSING DISORDER: Understanding Your Child Builds Connection & Calm



Your child isn't giving you a hard time. They're having a hard time.

Sensory processing differences affect how the nervous system takes in, interprets, and responds to the world. Behavior is communication.



WHAT IT MAY FEEL LIKE INSIDE



Loud sounds feel painful or overwhelming.



Clothing, tags, or textures feel wrong or even unbearable.



Bright lights, busy spaces, or movement feel overstimulating.



Stillness, transitions, or changes feel confusing or unsafe.



Their body may crave movement, pressure, chewing, or deep input to feel regulated.



It's not a choice. It's their nervous system trying to cope.

WHY BEHAVIOR GETS BIG

When the nervous system reaches its limit, the "alarm system" kicks in.



Sensory Input
Too much, too little, or hard to process



Nervous System Overload
Stress builds, capacity shrinks



Protection Mode Activates
Fight, flight, freeze, or shutdown



Behavior Is the Signal
Meltdowns, avoidance, aggression, shutting down, refusing, or needing control



The behavior is not the problem. Overload is.

WHAT YOUR CHILD NEEDS MOST



BELIEF + EMPATHY
"I see you. I believe your body."



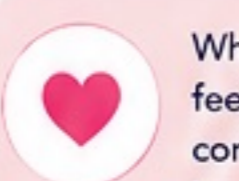
SAFETY
Help their body feel safe before expecting compliance.



CO-REGULATION
Your calm nervous system helps theirs settle.



SUPPORT
Sensory needs are real needs, not attention-seeking.



When their nervous system feels safe, learning, connection, and flexibility become possible.

SMALL STRATEGIES. BIG IMPACT.



PREPARE

Offer warnings and predictable routines to reduce stress.



REDUCE LOAD

Dim lights, reduce noise, remove tags, offer breaks.



MOVE & REGULATE

Build movement, pressure, and sensory breaks into the day.



GIVE CHOICES

Choices create a sense of control and reduce power struggles.



VALIDATE

Name what they're feeling and let them know it makes sense.



CONNECT FIRST

Connection opens the door for cooperation.



You don't have to fix your child.
You get to understand them.

Understanding today creates safety, builds trust, and grows their brain for tomorrow.

