



SENSORY FRIENDLY GUIDE FOR 4TH OF JULY

The 4th of July is often an exciting celebration that comes with many new sights, noises, and activities! For children with sensory processing difficulties, these changes can be more overwhelming than exciting. Consider the following tips for a sensory friendly celebration!

- ★ Consider scenarios that may be over stimulating: loud noises, large crowds, bright lights and intense visual input, change in routine, and different food and drinks.
- ★ Use a calendar to show your child that something new is coming, but that it is exciting!
- ★ Discuss plans, show pictures and videos from years past of what to expect, and talk about how fireworks work!
- ★ Use a social story to prepare for new activities, fireworks, or crowds of people.
- ★ Make it easy for your child to ask for a break, predetermining a safe sensory space or having a visual aide or code word for use.
- ★ Use weighted items such as backpacks, vests, or blankets to provide calming input.
- ★ Bring headphones or earplugs and watch fireworks away from big crowd
- ★ Bring a preferred toy, item, or fidget so your child feels comfortable and safe!
- ★ Be prepared with a fan, spray bottles, hats, and water to cool down with hot weather
- ★ Engage with your child in new situations, comfort them and model enjoyment of new events or activities
- ★ Give choices, be flexible, and have a back up plan! Remember, it takes courage for your child to try new things!