

# Signs of sensory overload



Helping you recognise when your child needs a  
sensory break

# Noise sensitivity



Covering ears, seeking quieter places, or showing distress in noisy environments.

# Visual discomfort



Shielding or covering the eyes in bright or busy spaces.



# Sensitivity to textures and smells



Avoiding certain foods, scents, or fabrics.

# Agitation and restlessness



Fidgeting, pacing, irritability, or difficulty sitting still.



# Meltdowns

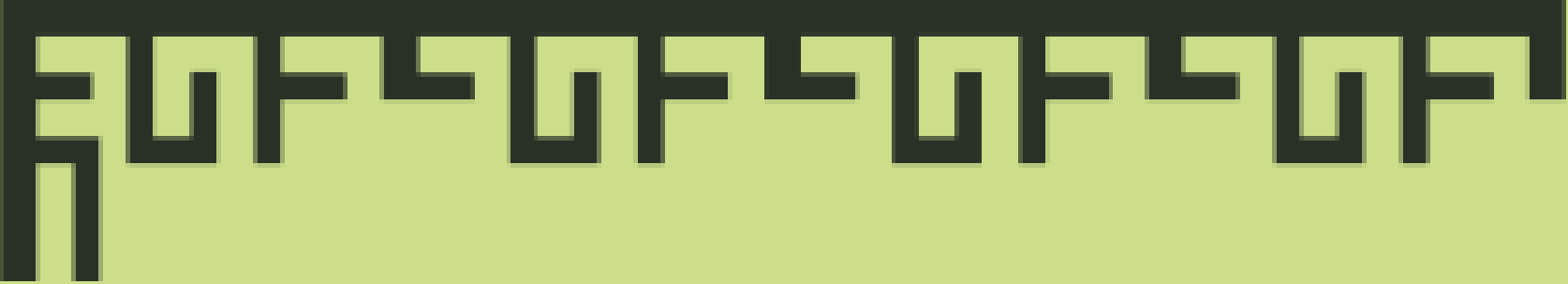


Intense emotional outbursts when sensory input becomes too much.

# Withdrawing or avoiding



Seeking solitude, moving away from busy environments, or isolating from social interactions.



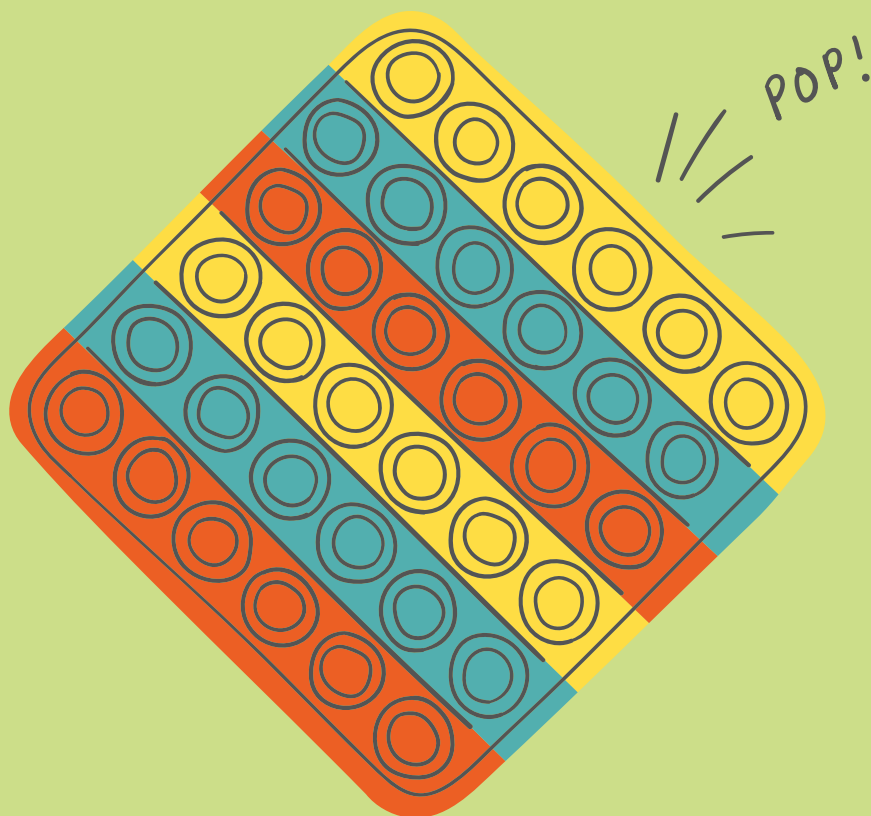
# Supporting sensory regulation



Tips for supporting sensory needs



# Use sensory tools



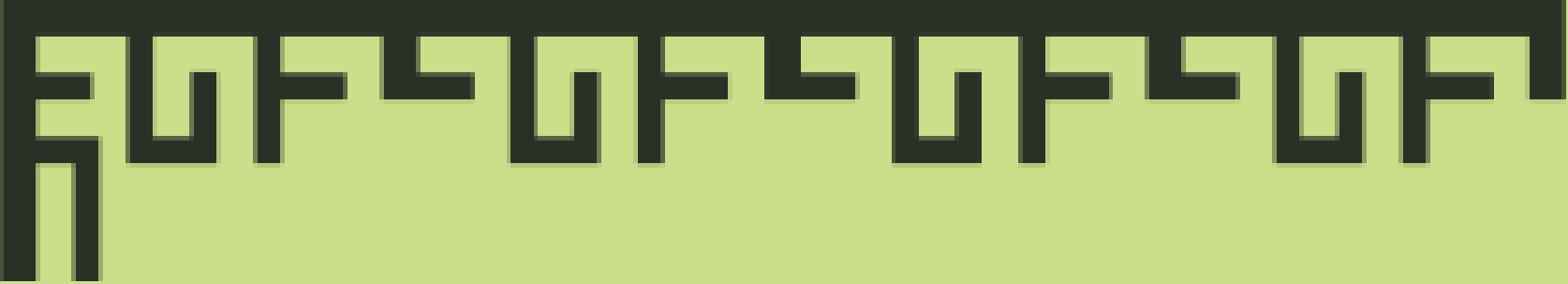
Sensory tools like fidget toys can help children relax, focus, and regulate their senses.



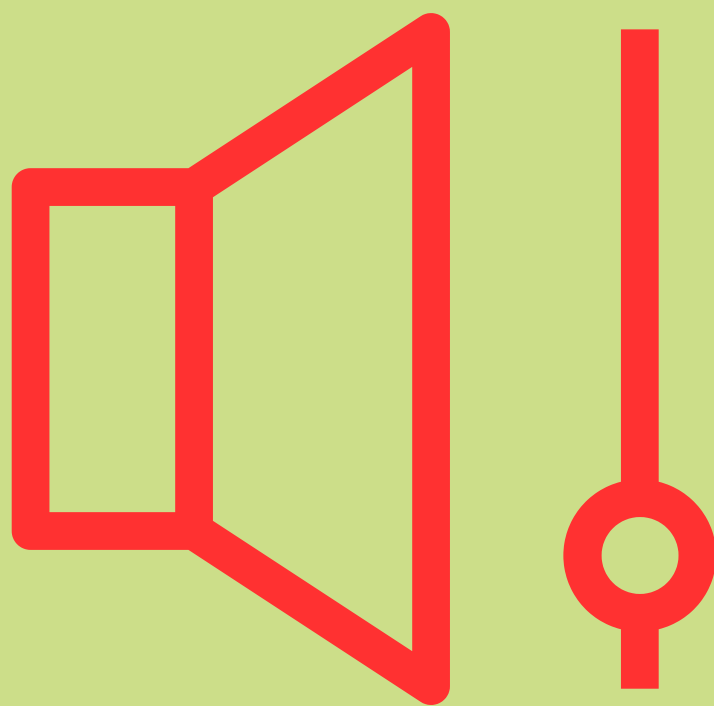
# Provide quiet spaces



A cosy corner or soft area where your child can go to feel safe when things become overwhelming.



# Adjust the environment



Soften lighting, lower background noise, and avoid strong smells to reduce sensory stressors.

# Keep routines predictable



Consistent routines help children feel safe. Try to prepare them for changes in advance to prevent overwhelm.

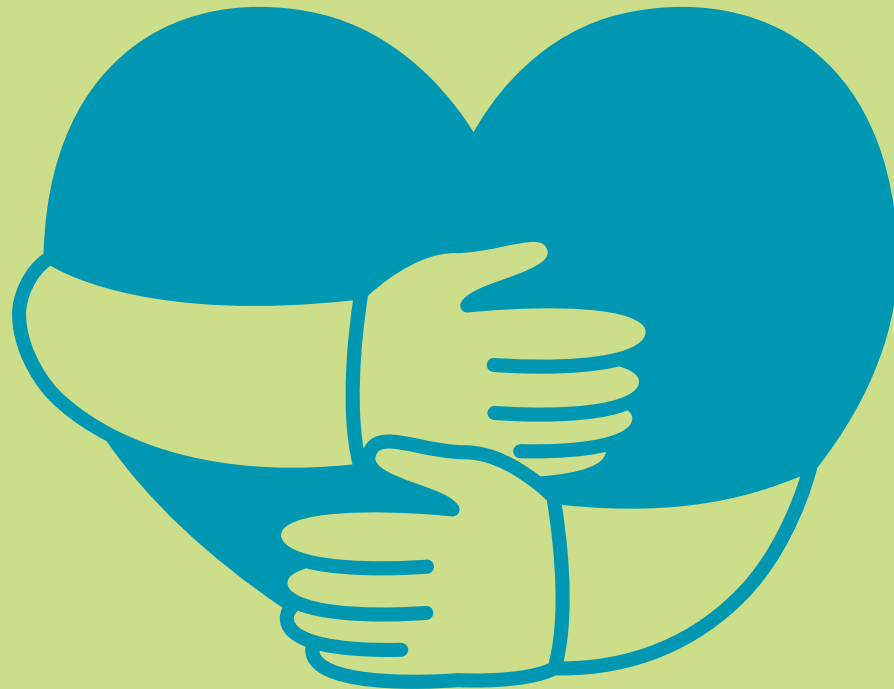


# Acknowledge what's happening



Use gentle language to validate their experience.

# Offer comfort and reassurance



Stay calm and supportive. A gentle tone, patience, and empathy help your child's nervous system return to balance.