Everyday Sensory Snapshot

Notice the pattern before trying to change it.

Where do I notice this most? Getting dressed • Meals • Hair + teeth • School • Play • Outings • Bedtime

Seems to notice quickly What sounds, touch, smells, movement or busy environments seem especially hard to ignore?	**Tries to get away from** What does my child avoid, refuse, cover, leave or resist?
Seems not to notice as easily What do they miss, or seem to need repeated, stronger or clearer?	**Looks for more** What do they keep moving towards, touching, chewing, crashing into or repeating?

Where is this actually making everyday life harder?

Think about routines, participation, comfort and things your child needs or wants to do.

One situation I want to watch more closely:

What was happening around my child?

What did my child do?

Did I notice the same pattern somewhere else?

LOOK FOR PATTERNS, NOT ONE-OFF MOMENTS.

Sensory preferences are part of being human. We become more interested when a repeated pattern is getting in the way of everyday life.