FOR GROWN-UPS

Sensory Christmas checklist

Tick what can be a lot for your child, then pick a change or two to try. Every child is different, and some love the lot.

Lights

Can be a lot	Ideas to try
☐ Flashing lights	☐ Set lights to steady
☐ Bright shops	☐ A dim room to go to
☐ Lights in the bedroom	☐ Lights off at bedtime

Sounds

Can be a lot	Ideas to try
☐ Music playing all day	☐ A quiet hour
☐ Lots of people talking	☐ Headphones
☐ Singing toys	☐ Music off at mealtimes

Bangs

Can be a lot	Ideas to try
☐ Crackers	☐ Pull crackers yourself
☐ Party poppers	☐ A cracker-free seat
☐ Balloons popping	☐ Poppers outside, or none

Smells

Can be a lot	Ideas to try
☐ Candles	☐ No candles, or unscented
☐ Cooking smells	☐ Open a window
☐ Perfume on visits	☐ A familiar smell from home

Clothes

Can be a lot	Ideas to try
☐ Scratchy party clothes	☐ Soft clothes
☐ Tight shoes	☐ Tags cut out
☐ Costumes and hats	☐ A pyjama day

Crowds

Can be a lot	Ideas to try
☐ Busy shops	☐ Quieter shopping times
☐ Queues	☐ Waiting outside
☐ Full rooms	☐ A break place