

# Sensory Avoiding Strategies

## HOW

Different strategies can be put in place for Sensory avoiders.

This tends to be by increasing the level of arousal for Children to reach their optimal range. (CHANGE THIS)

- keeping away from sensory input that may cause the child to become overwhelmed,
- Use calming strategies that work for you / your child.

[www.connecting-together.co.nz](http://www.connecting-together.co.nz)



Connecting Together