# **SENSORY PRODUCTS WE LOVE!**

# **Weighted Balls**

Weighted balls can help give sensory input if your child is overstimulated. Try directing your child to lift the ball above their head 10 times or throwing it in a safe space.



### **Chew Necklaces**

If your child chews on items or bites when upset, offering a chew necklace can give them something to use instead! There are many shapes and sizes available.

# Yoga Blocks

Yoga blocks can give your child something safe to hit when they are overstimulated or upset.



# **Fidget Toys**

Waiting is hard! Try offering your child a fun small toy to hold in the car or while waiting at the doctor.

## **Headphones**

Headphones can help in loud environments such as stores and events! If your child does not want to wear them at first, try starting with short intervals of time. Loop ear plugs are a small, descrete option.



Click on the photos to see the products on Amazon!



# **SAFETY PRODUCTS WE LOVE!**

Click on the photo for a link to the product!

### **Location Devices**

Angel Sense includes live tracking, voice communication through the device, and alerts if your child leaves a location. It can be attached to your child in several sensory friendly ways or placed inside a backpack. Apple Air Tags are another budget friendly option!





## **Five Point Harness**

If your child unbuckles his/her seatbelt, a five-point harness can prevent this from happening. There are several models based on the size of your child

### **Door Locks**

If your child has a tendancy to open doors or attempts to leave the house, extra locks can ensure they are unable to do so!





### **Swim Lessons**

The Lowcountry Autism Foundation has a swim program that consists of 30 minute lessons for 8 weeks. This program is free of charge to families. See website for more information and availability.

### **Door Alarms**

These alarms will sound if a door is opened. They can also be attached to windows, closets, or refridgerators.



# **Cubby Bed**

If you are concerned for your child's safety at night, cubby beds can provide a long term solution with sensory features and remote monitoring. They are often covered by insurance!