



BEYOND THE LABEL: EMBRACING NEURODIVERSE MINDS

BECAUSE YOUR CHILD WAS NEVER BROKEN--JUST WONDERFULLY WIRED



Sensory Calming Strategies Checklist

For Parents of Autistic & Neurodivergent Children

Created by Linzy Moore, Neurodiversity-Affirming Parent Coach | Beyond the Label Coaching & Consulting

💡 Use this checklist to create a calming routine or space that helps your child feel safe, understood, and regulated, without shame or punishment.

✅ STEP 1: Prepare a Calm-Down Space (Choose 3–5 to start)

- ☐ Soft lighting (salt lamp, fairy lights, dimmer switch)
- ☐ Fuzzy or weighted blanket
- ☐ Noise-canceling headphones or white noise
- ☐ Sensory bin with textures (beans, rice, squishy toys)
- ☐ Cozy beanbag or corner tent
- ☐ Fidgets or chewable tools
- ☐ Picture schedule of calming steps
- ☐ “Feelings chart” or emotion cards
- ☐ Visual “I need a break” sign

✅ STEP 2: Gentle Calming Strategies (Try 2–3 together)

- ☐ Deep breathing with visuals or counting
- ☐ Rocking or rhythmic movement
- ☐ Swinging, bouncing, or gentle jumping
- ☐ Crunchy snack or calming chew
- ☐ Weighted item on lap or shoulders
- ☐ Soft music or nature sounds
- ☐ Holding hands, light back rub (only if welcomed)
- ☐ Repeating a grounding phrase (“You are safe. I’m with you.”)

✅ STEP 3: After the Meltdown

- ☐ Offer water or snack (many kids are hungry/thirsty after)
- ☐ Use visual stories or reflection tools later (not during meltdown)
- ☐ Remind your child: “You’re not in trouble — your brain just felt too big for a moment.”
- ☐ Celebrate tiny progress. A few seconds of co-regulation is still a win.

Want personalized help creating a sensory support plan for your home or classroom?

👉 [Book a free 15-minute consult here](#)

