

# Sensory-Friendly

# Sleep Tips for kids

For kids who have trouble sleeping, sensory techniques designed to calm and organize the body can be helpful. In fact, many of the same techniques and methods we use to calm a newborn or infant can be adapted for use with older kids to help them fall asleep more easily and stay asleep through the night.

## **Movement:**

Row, Row, Row Your Boat; rocking on a rocking chair, rolling on exercise ball;

## **Warmth:**

Warm rice pillow; cozy, plush, warm stuffed animals; warm blankets in dryer before bed

## **White Noise:**

White noise machine, ceiling or regular fan, white noise app

## **Deep Pressure:**

Pillow squishes; bear hugs; kiddo burrito; massage; heavy blanket

## **Visual Stimulation:**

Watching fish in an aquarium/ DVD/ or App; lava lamp or other slow-moving nightlight