

# Sensory Tools for Self-Regulation

Here are a few of 4KIDS clinical team's favorite picks!  
(Click on the photos to purchase any online)

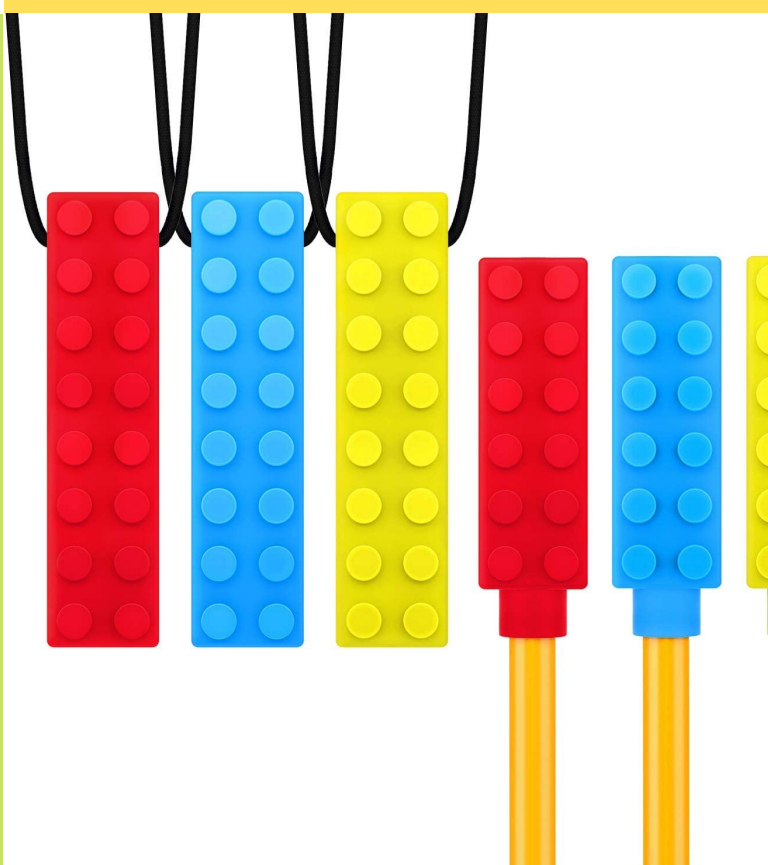


## WEIGHTED BLANKET

Studies have shown that weighted blankets or lap pads can help reduce anxiety and keep kids more grounded. The "deep pressure touch" they give has been found to bring relaxation. Remember to choose one according to your child's weight!

## CHEWELRY

Provide your child with a piece of jewelry they can safely chew on! These sensory tools help to improve focus and provide a sensory filter. It's a great alternative for your children who need that extra stimulation in order to stay engaged.



## CALM DOWN KIT

Create a go-to box of sensory tools for your child to use when he or she is feeling overwhelmed. You can include things like fidget spinners, bubbles, a stress ball, putty, bendy people, an essential oil roller ball, and a mini plastic snow globe for shaking.

[Click for our kit list on Amazon.](#)



Note: It is important to understand your child's specific sensory needs to choose the right tools. Reach out to us if you have any questions!

FOR MORE RESOURCES LIKE THIS, VISIT:

[EPICHealing.org](http://EPICHealing.org)

