

Comfort and Regulation Options

A choice-based worksheet for testing practical supports without turning products into treatment claims.

Start with observation and choice

- ☐ Ask what helps during noise, waiting, transitions, homework, or bedtime.
- ☐ Offer one or two options instead of a large sensory kit.
- ☐ Do not require a child to use a calming product.
- ☐ Avoid describing a product as treatment or a cure.
- ☐ Check school, medical, and agency guidance when relevant.

Low-pressure options

- ☐ Noise-reduction earmuffs or approved headphones.
- ☐ Visual timer for transitions and waiting.
- ☐ Warm dimmable night light.
- ☐ Quiet fidget tools.
- ☐ Art supplies or journal.
- ☐ Soft blanket chosen by the child.
- ☐ Movement break options that fit the space.
- ☐ Weighted lap pad only with appropriate sizing, supervision, and guidance.

Track what actually helps

- ☐ Situation or trigger.
- ☐ Option offered.
- ☐ Whether the child chose it.
- ☐ What changed, if anything.
- ☐ Any safety concern or professional guidance.
- ☐ Whether the option should remain available, be modified, or be removed.

Use note: This worksheet is a general planning tool. It does not replace school lists, agency forms, court orders, medical instructions, licensing requirements, or required reporting.