

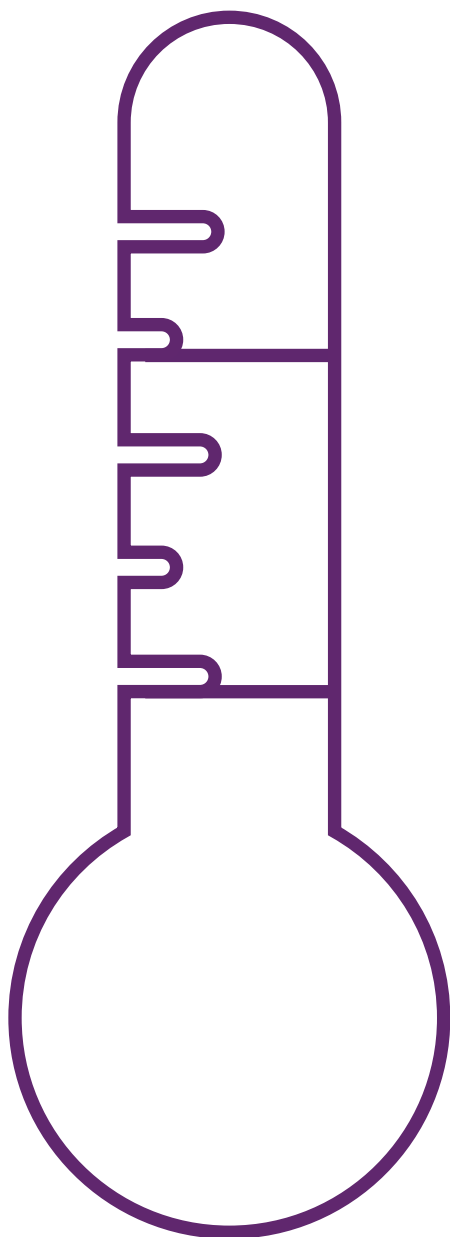


Auditory Sensitivity Toolkit:

Sound Meter

Use the "Sound Meter" to discuss with your child which noises are 'comfortable', a 'little uncomfortable', and 'really uncomfortable'. Discuss how it makes them feel and what strategies they can use before entering those situations.

You can also use the sound meter for the child to communicate in the moment how they are experiencing the sound (increasing and decreasing) and to allow them to identify a tool that may help.



Loud!



What Sounds?

How do you feel?

What can I do?
(pick a tool from back page)

Medium



What Sounds?

How do you feel?

What can I do?
(pick a tool from back page)

Soft



What Sounds?

How do you feel?

What can I do?
(pick a tool from back page)

Use a pipe cleaner and bead to add to the "Sound Meter" to allow the child to communicate how loudly the sound is to them.

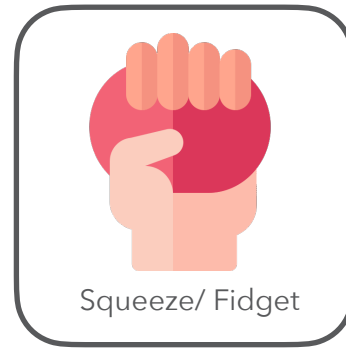
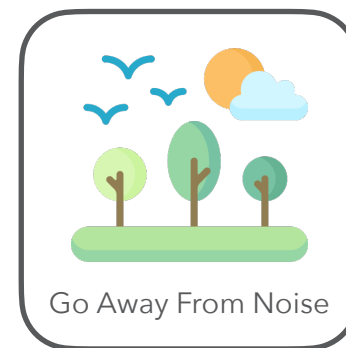
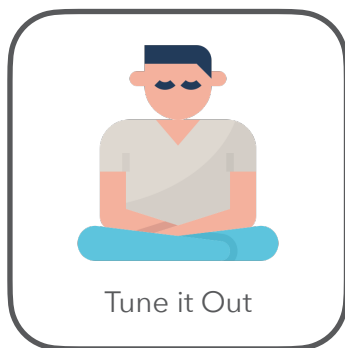
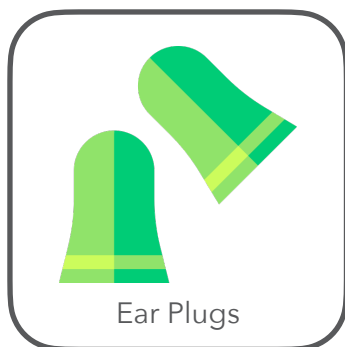


Auditory Sensitivity Toolkit

Strategies Tool Box

Teaching your child tools they can use to manage loud/ noisy situations gives them power and decreases anxiety surrounding situations where noise is unexpected or hard to control.

Tools may vary based on what options you have available to you at the moment (ie: home vs the grocery store). Allow your child to try out different strategies and pick their favorites for each setting where meltdowns are most likely to occur.



Teach your child where it is appropriate to speak up and ask for someone to lower the volume (ex: radio) vs. situations where it may not be possible (ex: fireworks, movie theatre).