



Tips for a great beach day for your child with sensory processing differences.

The beach is like a giant sensory bin. From the minute you step on the sand, feel the wind on your face, the sun beating down, the smell of the ocean, and squint into the bright sunlight, You are bombarded by different sensory experiences all at once. Don't let this stop you from spending a day at the beach. Just bring along all of the supplies necessary to make it a positive experience. Consider purchasing a swim shirt, big brimmed hat and dark sunglasses. If you have a sensitive child, the following may help make things go a bit smoother.

- Tent
- Umbrella
- Beach Blanket
- Lots of towels
- Protective cases for your electronics
- Water shoes or flip flops
- Water to drink
- Spray bottle with water
- Snacks
- Sun protection
- Dry clothes
- Sand toys

By bringing all the necessary equipment, your child may be motivated to explore and have fun while working through their sensory discomforts.

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