

How to Create an SPD Friendly Home

BY | Paige Rosoff & Louise Weadock

If your child struggles with sensory processing, it can be challenging to try and change the way their brain processes the world around them. Whether they cover their ears to certain sounds or are uncomfortable by the feeling of certain textures, when a child is suffering from SPD, it can severely interfere with their normal, everyday functioning. Kids Activity Blog has come up with some great DIY sensory home tips and tricks to help children with Sensory Processing Disorders.

Ideas For Creating A SPD Friendly Home



Ball pit

[Create a ball pit](#) using a blowup pool and plastic balls.

Weighted lap belt

[Make](#) a weighted lap belt! The use of weighted belts (either on their lap or across their shoulders) helps fidgety children sit more still because of the mental stimulation from the weight.

Crashpad

[Buy](#) or [create](#) a giant safe place to jump, crash or just hang out on!



Monster Spray

Is your child afraid of “monsters” under the bed?” Make a bottle of [Monster spray](#) to help them overcome their fears. Mix water and an essential oil that helps with anxiety in a spray bottle and place it next to their bed.

Cudd



le swing

[Create](#) a home made cuddle swing! These swings provide full body stimulation and a “wrapped close” feeling of comfort.

For further tips on making a sensory friendly home, continue reading on [Kids Activity Blog](#).

Let us know if and when you try these! Share your sensory experiences with us on Instagram: @weezeeworld | #weezeeworld and

Facebook: WeeZee- The World of "Yes, I Can!"