

SENSORY SELF-CARE

AMAZON FINDS

Zoom in on the flyer for more details on products!

Type the keywords into Amazon to find even more options!

Tooth-Brushing

Does your child struggle to tolerate the feeling of a toothbrush? Try these products to decrease unpleasant sensory input and increase motivation.

- Three-headed toothbrushes
- Extra soft toothbrushes
- U-shaped toothbrush
- Fun toothpaste flavors
- Different toothpaste textures (gel/foam)
- Let your child choose their toothbrush/toothpaste in the store

Hair-Brushing

Does your child struggle to tolerate the feeling of a hairbrush? Try these products to decrease unpleasant sensory input and increase motivation.

- "Wet" brand hairbrushes
- "Tangle teaser" brushes
- Detangling spray
- Soft mist spray bottle
- Themed hairbrushes
- Let your child choose their hairbrush/detangler in the store

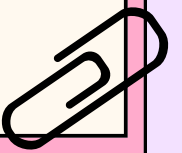
These are just examples of products that may make your morning and bedtime routines easier!

What have you found that works?

Hair Washing

Does your child struggle to tolerate the feeling of their hair being washed? Try these products to decrease unpleasant sensory input and increase motivation.

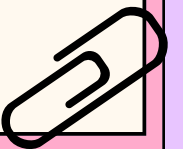
- "Slime" shampoo
- Foam shampoo
- Soft-bristled scalp massager
- Hair washing visor
- Shampoo/bath chair
- Let your child choose their shampoo in the store



Body Washing

Does your child struggle to tolerate the feeling of their body being washed? Try these products to decrease unpleasant sensory input and increase motivation.

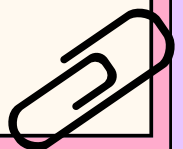
- Bath jellies
- Themed body wash
- Fun loofahs
- Bath sponges
- Bath gloves
- Let your child choose their body wash in the store



Feeding and Eating

Does your child struggle with mealtimes? Try these products to decrease unpleasant sensory input and increase motivation.

- Mini cookie cutters
- Straws
- Themed plates
- Themed utensils
- Let your child choose some of their own food in the store



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What have you found that works?