

Provide sensory support

Provide students with sensory support to help them focus on learning.

Useful sensory support will vary from student to student. Examples include:

- paper and pencils to draw or doodle
- music or soft soothing sounds to listen to
- a hand-held toy to manipulate or a slow moving oil and water toy to watch
- a weighted blanket or warm fleece blanket
- looking at a book
- a deep back massage or squeezing hands or feet can be soothing for some children.

Talk with your student and ask your occupational therapist for some safe and appropriate suggestions.

Source: [What educators need to know about FASD](#), pp. 38-45, (PDF, 1.8MB)

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