BEDTIME SHOPPING LIST

IF MY CHILD…	WE CAN TRY…
SEEKS EXCESSIVE PRESSURE	weighted blanket
GRAVITATIONALLY INSECURE (FEARS FALLING)	bed rail bumper
POOR BODY AWARENESS, GRAVITATIONAL INSECURITY, LIGHT SENSITIVITY	bed tent
REQUIRES MORE PROPRIOCEPTIVE/ TACTILE INPUT	sleeping bag
CALMS WITH RESISTIVE SUCK (THUMB SUCKING, PACIFIER)	crazy straw before bed
CALMS WITH SMELLS	diffusers
IS SENSITIVE TO LIGHT	use light blocking curtains
SENSITIVE TO SOUND	white noise machine
DIFFICULTY FALLING ASLEEP	red night lights
SENSITIVE TO CLOTH TEXTURES	bedding of preferred texture
SCREEN TIME BEFORE BED	blue light blocking glasses