NOTICE THE ENVIRONMENT, FOLLOW YOUR STAR

My Star's Sensory-Friendly Home Guide

A gentle way to notice comfort, choice and sensory needs at home



There is no perfect sensory-friendly home. Small, practical adjustments and meaningful choices can make a difference.

Use this guide to notice what your Star enjoys, avoids or asks to change. Sensory preferences can vary by person, place and day. The aim is to listen and adapt - never to force a child to tolerate something that feels uncomfortable.

Notice the environment

Think about one room or part of the day at a time. Write neutral observations rather than judging a response.

Place or moment	What I noticed	What my Star chose	What helped

Examples: “The extractor fan was on, so we moved to the next room” or “My Star chose the soft jumper today.”

Small changes to explore

These are options, not rules. Ask your Star where possible and stop if an adjustment does not help.

Sound Lower background noise, close a door, offer ear defenders if your child likes them, or choose a quieter time.	**Light and visual space** Try softer light, reduce visual clutter in one area, or offer a seat away from glare.
Touch and texture Offer clothing, towels or materials with different textures. Let your child choose what feels comfortable.	**Movement and space** Make a clear route to move, stretch or step away. Allow a place to sit or stand.
Smells and air Ventilate when appropriate, keep strongly scented products away, and offer a different space.	**Predictability** Use a simple picture, object cue or short explanation before a change in room or activity.

A helpful adjustment is one your Star experiences as helpful. Their response is more important than completing a checklist.

Make a comfort corner or calm option

This does not need to be a separate room. It could be a chair, a cushion, a spot by a window or a portable kit your Star can choose to use.

What might make this space feel welcoming?

[ ] A familiar cushion or blanket

[ ] Lower light

[ ] A visual choice card

[ ] A quiet activity

[ ] A favourite book or object

[ ] A clear route in and out

[ ] A safe fidget or sensory item

[ ] A way to ask for company or space

Where could this calm option be?

What would my Star like to have nearby?

How can my Star show “I want this” or “I am done”?

A calm option is an invitation, not a place to send a child against their wishes.

Review what you noticed

Choose one small change to test, or decide that the current set-up is working well enough. No ratings or scores are needed.

One thing my Star seems to enjoy at home:

One thing that can feel uncomfortable or tiring:

One choice or adjustment we want to keep offering:

Something I would like to ask my Star:

If your child cannot easily describe a sensory experience, continue to offer practical choices and pay attention to how they communicate.

This guide supports family reflection. It is not a sensory assessment or clinical advice. Adapt every idea to your household and child.