


# WATER


Overwhelming or wonderful...


all depends on how  
the sensory input is processed

Dysregulated  
after  
swimming

Swimming can be enjoyable but  
regulating after can take time


 A crash of their nervous  
system after the stimulation  
of the water


 Body can be overstimulated, feel  
cold or hot


 They may feel irritated by  
the salt, sun and/or chlorine

Loves  
water Lots

Water can be the perfect  
sensory input


 Soothing, calming and  
helps to regulate

 Gives a feeling of joy and  
freedom, water can become a  
special interest.


 Movement and deep pressure  
bring a feel of calm

A  
dislike  
of baths  
or showers

Sensory overload, not refusal


 Feelings of anxiety due to loss of  
control and vision

 Water can sound loud and echoing


 Sudden sensation can be  
threatening

Struggles  
having hair  
washed.


Having hair washed can  
really hurt, it is different to  
just being sensitive


 The feeling of heaviness of their hair is  
not manageable for them


 Soap or water in their eyes is  
unpleasant

 Their scalp may feel itchy, tingly or  
even painful


How can you help....

 Respect their reactions

 Support regulation  
before and after

 Provide choices, visuals  
or social stories

 Praise them

 Go at their pace,  
start slow

