



PARTY PLANNING FOR THOSE WITH SENSORY NEEDS

- Scheduling - Plan a full party schedule and advertise the timeline to guests
- Noise levels & considerations -depending on comfort level, do not plan on having background noise like a busy street or music. Have a designated quiet space that kiddos can go when overwhelmed.
- Inclusive language - "All are welcomed as they are", many kiddos with brains that work differently have been told they're too much. If you use the language make sure you mean it.
- Guest needs - leave a section where you invite comments on guest needs. "Let us know your child's needs"
- Single clear RSVP - ensure you have one simple way to RSVP. Preferably have it be a text to a single person.
- Scannable and simple - keep invitations, decor, and signs easy to read with low impact visual. Bright colors and graphics can be overwhelming and overstimulating.
- Activities - having activity stations takes away the pressure of participating with the group. It allows autonomy and provides predictably.