

Project SOOTHe

SENSORY OPPORTUNITIES OFFERING THERAPEUTIC HELP



For children from hard places, it can be difficult to feel safe and securely attached in a new home, no matter how loving or supportive that home is. But there's hope for them...and for you as a caregiver!

One of the best ways to support the children in your life is to understand and meet their sensory processing needs, and [Project SOOTHe](#) can help.



SENSORY | OPPORTUNITIES | OFFERING | THERAPEUTIC | HELP

What is Sensory Processing?

Sensory processing is the way the brain receives, interprets, and responds to sensory input.



Sometimes when children experience trauma, their brain begins to respond inappropriately to sensory stimuli. This is known as **Sensory Processing Disorder (SPD)** or referred to as sensory sensitivities.

If a child's sensory needs aren't met, you as a caregiver may see some struggles with emotional regulation, transitions, social skills, sensitivities to light, smells, and/or sounds, and a plethora of other sensory-related behaviors. The good news is that meeting these unique needs can make all the difference, and that's where Project SOOTHe comes in!

How Project SOOTHe Can Help

SENSORY OBJECTS

Project SOOTHe can provide sensory objects such as weighted blankets, therapeutic swings, sensory toys, and other sensory-rich items that can help meet sensory needs and ease anxiety. These items are designed to calm the nervous system, stabilize moods, and aid in sleep and emotional regulation.

EVENTS & TRAINING

We also provide [opportunities for caregivers](#) to learn more about sensory processing. Our regular sensory play days are a place for you to connect with other caregivers while the kids play in our sensory-rich play studios, and our free, ongoing training sessions provide real-life SPD experience from SPD experts.

CUSTOMIZED SUPPORT

When you contact Project SOOTHe, you will get the chance to connect with a member of our Caregiver Support team, [Rachel DiMasi](#), who specializes in sensory processing challenges. Rachel can help you better understand your child's sensory needs, and provide tips to help address those needs at home, at school, and in the community.

Meeting a child's sensory needs can be challenging, but Project SOOTHe has your back! Fill out our [request form to get started](#).