

ASD Bedroom Tips

MAKING YOUR CHILD'S ROOM SAFE AND THERAPEUTIC

1. think minimal; less is more. Remove anything that causes a problem.
2. use bins and baskets for easier clean up.
3. bolt pictures, shelves and dressers to the wall.
4. bedframes can be dangerous: consider platform or none
5. consider shutters or safety latches for windows
6. only a few sensory-toys and books; no legos or small pieces in the bedroom. Re-think art supplies as well.
7. weighted blankets and stuffed animals rock!
8. use ceiling lights on dimmers rather than lamps.
9. bed tents and hideaways are great for calming spaces
10. flashlights and twinkle lights provide calm
11. reinforce walls if your child needs a "safe" space for meltdowns.