



# We are looking forward to welcoming you into our home.

## Subject: Welcome to our home - a note on sensory sensitivities

Dear [Guest's Name],

We hope this message finds you well and that you are excited about your upcoming visit to our home. We're thrilled to have you, and wanted to share some information that will help make your stay as enjoyable as possible, especially for our kids.

In our household, we have some wonderful children. Both [Name] and [Name] are autistic and [Name] has cerebral palsy. I have both autism and attention deficit hyperactivity disorder. Each of us have a unique set of sensory sensitivities and talents that accompany our differences. We appreciate your understanding and support in creating a neuroaffirming environment in our home. Here are a few things to keep in mind:

### Sensory sensitivities

#### 1. Noise sensitivity

Please be mindful of loud noises, sudden bursts of sound, or continuous noise. If you could keep the volume of music, television, or conversations moderate, it would be greatly appreciated.

#### 2. Light sensitivity

[Name] is sensitive to bright lights. If possible, we may dim the lights in certain areas of the house, especially during the evening. Natural light is usually preferred over artificial lighting.

#### 3. Touch sensitivity

[Name] has specific preferences when it comes to touch. If they seem hesitant or request personal space, please respect their boundaries. Gentle and calm interactions are generally well-received.

#### 4. Food preferences

We have a range of dietary preferences due to sensory concerns. If you have any dietary restrictions or preferences, please let us know in advance, and we'll do our best to accommodate.



## How You Can Help

### 1. Communication

Clear and direct communication is key. [Name] loves puns. So bring your best 'dad jokes.' If you have any questions or concerns, feel free to ask. Our kids may express themselves differently, so patience and understanding go a long way but they are happy to talk openly about their experience. There are no secrets in our home.

### 2. Quiet spaces

We've designated quiet spaces in our home where anyone can retreat if they need a break. Please feel free to use these spaces if you ever feel the need to unwind.

### 3. Flexibility

We understand that plans may change, and flexibility is appreciated. If adjustments need to be made to the schedule or environment, we'll work together to find a solution that suits everyone. As [Name] really likes routine and predictability, if you are able to give us advanced warning of changes in your plans, please do.

### 4. Enjoying activities together

Engaging in activities that are calming and inclusive can be a wonderful way to spend time together. Board games, reading, or outdoor activities are usually enjoyed by all.

We are grateful for your understanding and support in creating an environment that is neuroaffirming for our children. Your presence means a lot to us, and we want your stay to be as enjoyable as possible for everyone.

If you have any specific questions or concerns, please don't hesitate to reach out. We look forward to your visit and appreciate your consideration.

Warm regards,