



Sensory vs. Behavior

It can sometimes be difficult to differentiate the cause behind what your child is doing. Do you have to support them through a sensory meltdown or implement a specific parenting strategy for a behavior?

We're here to help you sort it out based on some examples! If any of the sensory examples resonate with you, check out BrainWorks for a wide variety of strategies to when managing sensory triggers and meltdowns!





Sensory

"He has a meltdown every night during the getting-ready-for-bed routine."

"She would go all day without liquids if we didn't let her drink from her bottle."

"He cannot self-soothe."

"She bites her wrist when she is frustrated."

"His meltdowns are predictable."

"She consistently does better at ____ " (home, school, grandma's house)

"He doesn't seem to be aware that he has a wet diaper."

"She struggles with changes in routine."

"He acts out during transitions."



Behavior

"He is more compliant with toothbrushing for dad than for mom."

"She refuses to try new foods but she eats several snacks every day."

"He escalates if we ignore the tantrum."

"She bites her brother when he takes her toy."

"His meltdowns happen in a variety of situations and settings."

"She struggles in every setting if she doesn't get her way."

"He asks for a diaper change soon after peeing or pooping."

"She struggles with following directions."

"He acts out when mom is taking care of his baby sister."



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vs.

Behavior

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