



SENSORY TOOLKIT

Home Edition

ND 
Birth



Tools to support the sensory experience of labour, birth and the postnatal time at home

★ MAKE A SENSORY PLAN

★ Think about labour and birth in relation to your sensory profile. Are you someone who hates touch? Are you sensory seeking in relation to movement? Do you experience auditory overload? Communicate these sensory needs with your support team.



SENSORY AIDS

Consider having things to hand that help you to avoid sensory stressors, and meet sensory seeking needs. These might include comfy clothing, fidgets, a tablet, headphones, earplugs, an eye mask and favourite smells.



FOOD AND DRINK

★ Having safe food and drink options available is essential to ensure you'll be fed and stay hydrated, and your sensory needs from eating and drinking will be met. Consider crunchy and chewy options for sensory input.



TEST RUN EVERYTHING

★ It's important to try out any new purchases like breast pads or sanitary pads in advance. Test run nursing bras and creams to see if you like them. Consider alternatives like period pants or bamboo materials.



SUPPORTING FEEDING

- Sensory sensitivities - ear plugs, headphones, wipes/towels.
- Sensory seeking needs - fidgets, weighted blanket, exercise ball, something to crunch/suck/chew while feeding
- Alleviation of boredom and/or irritation - books, podcasts, tv shows, movies, social media

