

# SPD RESOURCES

## CALMING TOOLS

- Body Sock
- Noise Canceling Headphones
- Squeeze Toys
- Weighted Vest

## BOOKS

- Sensory Processing 101
- The Out-of-Sync Child
- Raising a Sensory Smart Child

## INPUT TOOLS

- Trampoline
- Swing
- Wiggle Seat
- Exercise Ball
- Chewy Necklace

## ESSENTIAL OILS

- Vetiver
- Lavendar
- Rosemary

## SUPPLEMENTS

- Folinic Acid
- Vitamin B Lotion
- CBD Oil