The senses serve four primary functions:

- To alert the body and brain to important cues
- To protect the body and brain from becoming overwhelmed
- To select what is important to pay attention to
- To help organize the brain

**Signs of Overload**

- Overexcited and wound-up behavior
- A wild look in the eyes
- Constricted or dilated pupils
- Change in skin color
- Dizziness
- Withdrawn behavior
- Nausea
- Vomiting
- Heavy Sweating

When the child becomes overloaded, a quiet and safe place to calm down can help. Encourage your child to take deep breaths if possible. Breathe with them. Know what helps calm your child down, and do what you can to meet that need even if they can’t verbalize it. Self-regulate as well. Staying calm yourself will help you attune more accurately to your child’s needs.