

## Family Sensory Preferences©

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Please complete this form for yourself, your child and others, or solicit them to directly complete their column(s). This tool is designed to increase understanding and respect for individual differences. It is also used to help identify activities that are mutually enjoyable, and where participation between parent and child can help to lay a foundation for establishing or enhancing attachment.

Once completed, look across the rows to see where there are similarities and differences. Similar ratings on items of enjoyment can be explored to develop mutually successful and shared activities which may be fun and regulating to all parties involved. There is no total or optimal score; ratings are used to increase understanding of each other's sensory preferences.

Items that your child has a high rating on but you do not, may sometimes need to be addressed through independent play activities (e.g., jumping on a trampoline). It is also important to consider ways that you can interact with your child in order to help them meet their sensory and attachment needs. If you do not like a particular activity (e.g., deep long hugs) due to your own sensory preferences and patterns, it may be important to work with your occupational therapist to identify ways to increase tolerance for hugs, or use something like the Snoochie pictured below, in order to provide the type and amount of input your child is seeking to support attachment needs.



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**Rate from 1-5: 1** represents not enjoying the activity or not being skilled in this area;  
**5** represents enjoying the activity very much or being highly skilled in this area.

	Perception of				
	Self	Spouse Friend	Child		
1. Enjoys back rubs and massages					
2. Enjoys being in physical contact when seated or lying near a person one is close to					
3. Prefers deep long hugs					
4. Loves to give spontaneous hugs					
5. Desires a feeling of the weight from several blankets at night					
6. Enjoys being touched lightly, such as arm stroked					
7. Prefers to sit in restaurants with one's back against the wall, facing out					
8. Jumps with unexpected touch					
9. Prefers going barefoot					
10. Notices when face or hands are messy					
11. Enjoys the feel of the water in showers					
12. Enjoys being tickled					
13. Sensitive to pain or physical discomfort					
14. Loves rough housing or wrestling					
15. Prefers to move rather than sit					
16. Wiggles foot, plays with object in hand or chews items					
17. Seeks rigorous physical activity					
18. Is well coordinated					
19. Loves to get heart rate up and sweat					
20. Likes solo sports activities such as swimming					
21. Likes team sports					
22. Likes hiking					
23. Enjoys sports with speed such as skiing					
24. Likes to cycle, jog or do aerobics or spin class					
25. Seeks out amusement park rides such as roller coasters					
26. Enjoys activities where one's head changes position such as yoga					
27. Comfortable driving, including at night or on highways					
28. Enjoys heights					
29. Does not mind being around others who wear perfume or after-shave					
30. Loves a variety of ethnic foods and spices					
31. Enjoys a mix of textures in foods					
32. Enjoys a busy environment such as a party or mall					
33. Likes a lot of visual information on walls or computer screen					
34. Enjoys finding one's way around a new place					
35. Loves having music or TV on in the background					
36. Enjoys organizing things					
37. Likes figuring out several step directions					
38. Easily learns new exercise routines					