

Ready, Set, Sensory!

A guide for parents of neurodivergent toddlers · Ages 2–5

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: What Overload Looks Like
- Page 3: Chapter 2 opener
- Page 4: First-Then Board

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

© 2026 Areza. Free sample for personal use. Please don't resell or redistribute. · areza-books.netlify.app

1.1

What Overload Looks Like

Sensory overload happens when your child's brain receives more sound, light, touch or movement than it can sort out at once. For neurodivergent toddlers, everyday places like a busy store, a birthday party or even a noisy kitchen can tip them over the edge.

Early signs are often small: covering ears, squinting, hiding behind you, running away, getting louder, chewing on clothes, or suddenly going very quiet and still. Later signs can include crying, screaming, hitting, dropping to the floor or "zoning out."

Catching the early signs gives you a window to help before the big feelings arrive.

SAY IT LIKE THIS



"It's really loud in here. Let's find a quieter spot together."

My notes

Free sample from "Ready, Set, Sensory!" by Areza · areza-books.netlify.app

CHAPTER

2

Tear-Free Transitions & Errands

Stopping play, leaving the house, getting in the car seat: transitions are some of the hardest moments of the day for sensory kids. This chapter gives you simple tools to make changes feel predictable and errands feel manageable.

In this chapter

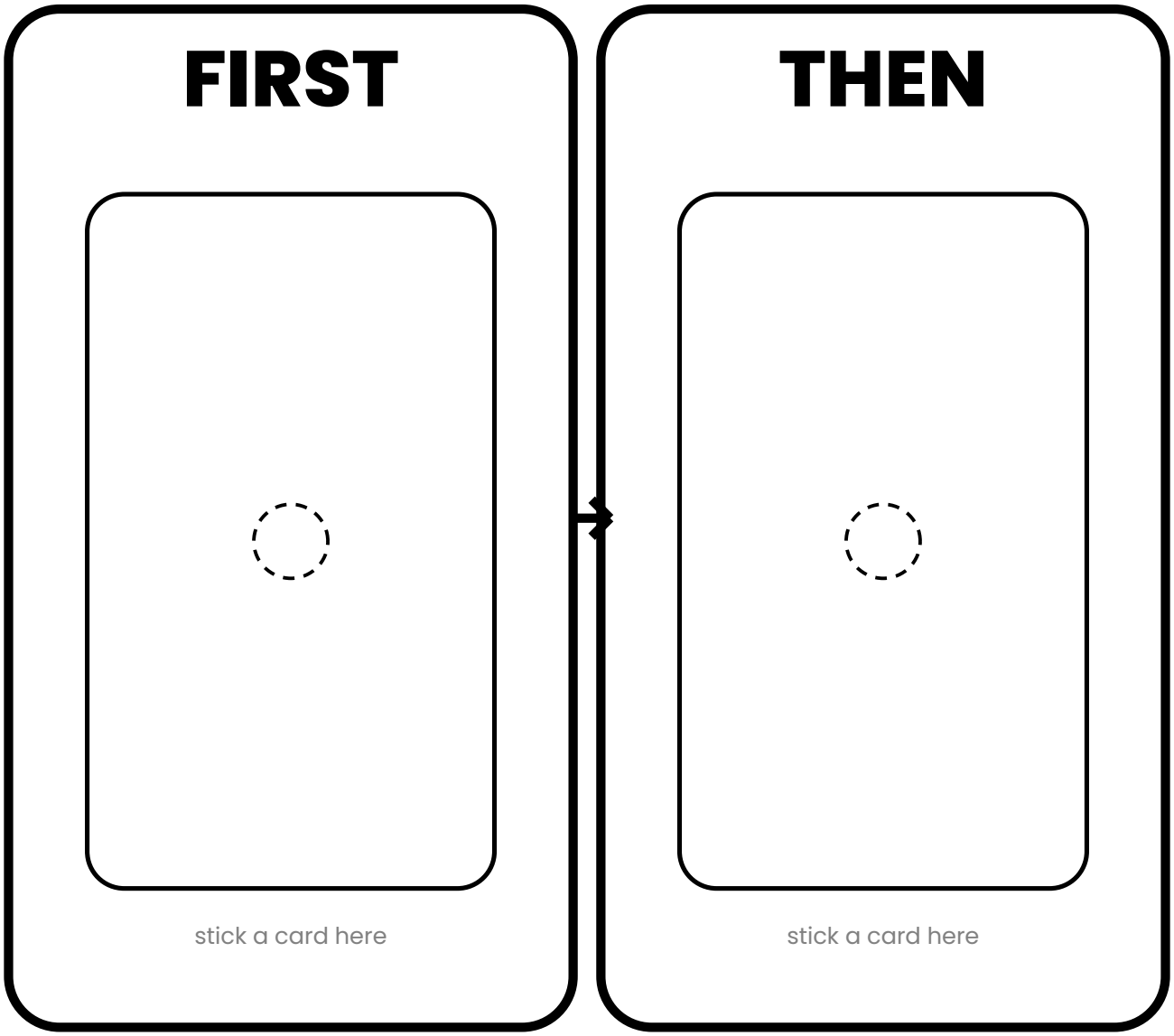
1. Why Transitions Are Hard p. 14
2. Warnings That Work p. 15
3. First-Then Language p. 16
4. Preparing for Errands p. 17
5. In the Store p. 18
6. When It Goes Wrong p. 19

Quick Recap & My Plan p. 20

Free sample from “Ready, Set, Sensory!” by Areza · areza-books.netlify.app

First-Then Board

Cut out the picture cards on page 43. Put the "first" job on the left and the fun reward on the right.



Tip: add a sticky dot or Velcro in each box so cards are easy to swap.

Free sample from “Ready, Set, Sensory!” by Areza · areza-books.netlify.app