

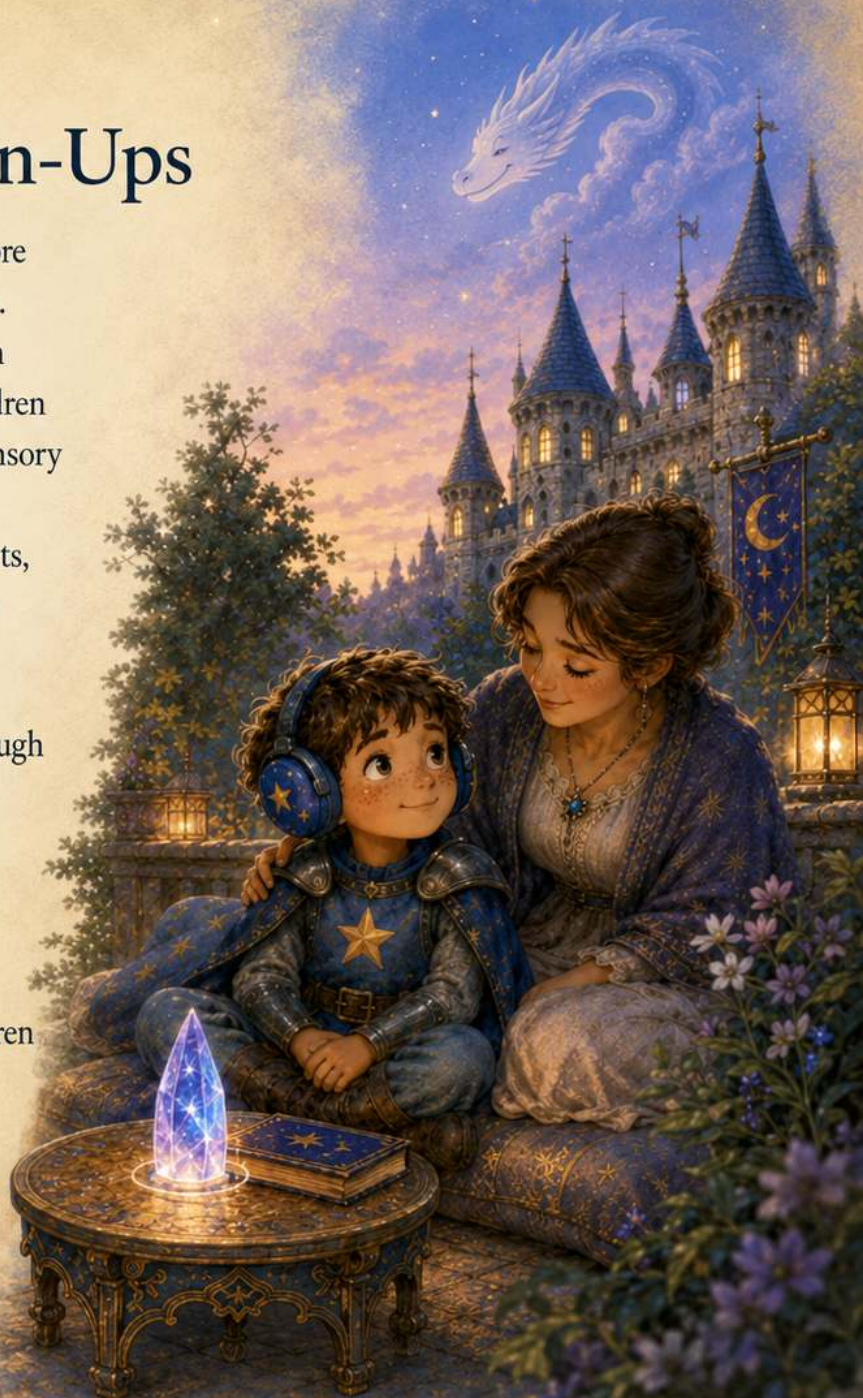
A Note to Grown-Ups

Some children experience the world more loudly, brightly, or intensely than others. A sound that seems small to one person may feel enormous to another. For children with sensory sensitivities, autism, or sensory processing differences, tools like headphones, quiet spaces, comfort objects, movement breaks, or extra time are not signs of weakness. They are supports.

Leo's Sound Shields help him move through a world that sometimes feels too loud. They do not make him less brave. They help him be brave in a way that works for him.

My hope is that this story reminds children that their needs matter, and reminds grown-ups that listening is one of the kindest things we can do.

— *Stephanie Thomas*



For Brave Ears

When the world feels too loud, I can try:

☐  Put on my Sound Shields

☐  Hold something soft

☐  Take three slow breaths

 Find a quiet corner

☐  Ask for help

☐  Listen for one sound at a time

☐  Remember: I am not hiding.
I am helping myself.

