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# SENSORY FRIENDLY *Clothes*

**LIST OF BRANDS AND  
WEBSITES THAT CARRY  
CLOTHES THAT ARE  
TRUSTED BY SENSORY  
SENSITIVE KIDS**



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Hey! Thanks for  
downloading.  
I'm *Laura*

I'm a pediatric OT who specializes in Sensory Processing Disorder (SPD). I'm also a Mama to a little girl who has SPD and anxiety. So, you could definitely say I "get it" when it comes to sensory challenges.

I have years of professional experience working with children who have extreme sensory sensitivities to clothing.

Kids with sensory sensitivities seem to feel every bump, seam, scratchy fabric, squeeze from garters or elastic waistbands, you name it.

I know parents are always on the hunt for the next "sensory kid approved" item of clothing. So I've been scouring the internet, parent groups and asked my audience for the best of the best.

I hope this list is helpful for you.

Every link in this PDF is clickable. Please note that some links are affiliate links, which means I may make a small commission if you purchase using my link (at no extra cost to you.)

Don't skip the last page, there's a super valuable resource waiting for you!

THE *Laura*  
OT Butterfly



# Sensory Friendly CLOTHING RECOMMENDATIONS

## TOPS

- [Amazon Essentials Activewear](#)
- [Posh Peanut](#)
  - ages 0-2
- [Kohl's Jumping beans](#)
- [Baby Gap](#)
- [Old Navy](#)
- [Carter's](#)
- [June & January](#)
  - ages 0-6
- [BCG](#)
  - Athletic compression
- [Princess Awesome/Boy Wonder](#)
- [Gildan T-shirts sold at Michaels](#)
  - Thick & no static
- [Next \(UK brand\)](#)
- [Aubainerie](#)
- [Lands End](#)
- [Costco 32 degree brand](#)
- [Baby cottons](#)
- [Monica & Andy](#)
- [Sainsburys \(Tu brand\) \(UK\)](#)
- [Target Cat & Jack](#)
- [Hanna Andersson](#)
- [Primary](#)
- [Dot dot smile](#)
- [Under Armour](#)
- [Sensory Smart](#)

## SHOES

- [Ten Little toes](#)
- [Amazon Cienta Mary Jane's](#)
- [Vivobarefoot](#)
- [Plae](#)
- [Xero clearance](#)
- [Sketchers](#)
- [Native shoes](#)
- [Stride Rite](#)
- [New Balance](#)
- [Adidas](#)
- [Crocs](#)
- [Bogs](#)
- [Uggs](#)
- [See Kai Run](#)
- [Minnie Melissa](#)
- [Nike Flex](#)
- [Zappos](#)

## PAJAMAS

- [Kyte](#)
- [Hanna Andersson](#)
- [Primary](#)
- [Soothems \(sleepware for eczema\)](#)
- [Little Sleepies](#)
- [Leveret](#)

# Sensory Friendly CLOTHING RECOMMENDATIONS

## BOTTOMS

- Kohls Jumping beans
  - Has no tags
- Roots
- Sensory Smart
- Target Cat & Jack
  - guaranteed 1 year return policy (even with torn knees)
- Amazon Essentials Activewear for kids
- Amazon spotted zebra tights
- Amazon TeeHee kids tights
- Target All in Motion yoga pants
- Costco 32 degree brand
- Nike Athletic jogger/track pants
  - has a tighter fit
- Adidas jogger/track pants
  - has a tighter fit
- Lularoe
- Primary
- Garanimals (Walmart)
- BCG compression pants
- Princess Awesome & Boy Wonder
- Baby Cottons
- Gap joggers
- Splendid
- Under Armour
- Kate Quinn
- dot dot smile

## SOCKS

- Hanes from Target
- Smart Knit Kids
- Amazon Epeius seamless rainbow socks
- Target Cat & Jack
- Bombas
- Rambutan
- Carters
- Gap
- Old Navy toddler fuzzy socks
- Primary
- Sensory Smart

## UNDERWEAR

- Fruit of the Loom Girls' Breathable Underwear/mesh
- My Pipers (boxer shorts for girls)
- Target Cat & Jack
- Feathers Amazon
- Hanna Anderson
- Lucky & Me
- Baby Cottons
- Carters
- Gap
- Hanes seamless from Target
- Sensory Smart

# Sensory Friendly CLOTHING RECOMMENDATIONS

## MASKS

- [Decomen Amazon](#)
- [Rafi Nova](#)
- [Old Navy](#)
- [Lands End](#)
- [32 degrees](#)
- [Joah Love](#)
- [Alex & Nova](#)
- [ABG Accessories](#)  
([amazon](#)).
- [Hao Hong\\_gaitor style](#)  
[mask \(amazon\)](#).
- [Primary](#)
- [Etsy BrightonAveByKim](#)

## CONNECT WITH ME



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# WHAT NOW?



**Clothing Practice**

1. List out clothes already in wardrobe
2. Lay out your clothes & separate clothes that are most likely to be worn
3. Practice clothes for short periods of time
4. Practice clothes for longer periods of time

**ADDING CLOTHES**

**LEVEL 1 WEARING CLOTHES AROUND THE HOUSE**

**LEVEL 2 WEARING CLOTHES OUTSIDE THE HOUSE**

**Make it clear to them "I just have to do this for a few days so you can get used to the clothes and you can tell me when you're ready to change them into 'real' clothes."**

**Clothing Rating Scale**

On a scale of 1 to 4, how comfortable do you feel?

4  
3  
2  
1

"I feel so comfortable, I don't even notice I'm wearing it. I could wear this everyday!"

**Clothing Data Tracker**

Color in the squares, put a checkmark or add stickers to every level you accomplish.

	Level 1	Level 2	Level 3	Level 4
Long Sleeve Shirt	✓	✓	✓	✓
Fuzzy Sweatpants	✓			
Flower Socks	✓	✓	✓	
Rainbow Crocs	✓			

**EXAMPLE**

**HEAVY WORK IDEAS**

Try one of these heavy work ideas when your child has greater clarity on Remember: heavy work (sensory input) is adding to the nervous system. Many of these ideas could be incorporated easily, for example "rope-walk to the kitchen"

jumping jacks	ginkis	door or wall pushes	crab walk	beer crawl
hand squeeze	shumping	jumping	hooping	building a pillow fort
jump and crash into pillow	climbing	pulling heavy objects	pushing heavy objects	carrying heavy objects
hanging from bars	wearing a backpack while walking (10% of body weight max)	stacking pillows	tug of war	jump rope
getting buried under pillows	downward dog	wrap towel	vacuum	massage

**ACCOMMODATE VS. EXPOSE**

When a child wears their child clothing pieces, you are providing them with sensory input. This is a good thing! However, if you are exposing them to sensory input that they are not ready for, you are exposing them to sensory input that they are not ready for. This is a bad thing!

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## PURCHASE THE STEP-BY-STEP PARENT GUIDE TO GETTING YOUR CHILD TO WEAR NEW CLOTHES.

If you're tired of spending money on the next sensory friendly clothing item and want to start being able to work with the clothes you've already bought, (you know that pile of clothes you swear your child would wear, but they threw it across the room as soon as you brought it out), this e-book will help you out.

**GET THE EBOOK**

