



## Parental/Guardian Consent Permission to Offer Sensory Regulation Tools in Counselling Sessions

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

### Purpose of Sensory Tools

As part of counselling sessions, I may offer a range of sensory-based regulation tools (e.g., fidgets, stress balls, textured objects, breathing tools). These items are used to support emotional regulation, grounding, and comfort during the therapeutic process.

These tools:

- Are optional and offered only with the client's assent
- Are used to enhance regulation, not as behavioural management
- Can be stopped or changed at any time if the child shows discomfort or withdraws assent

### Types of Tools That May Be Used

Examples include:

- Soft fidgets (e.g., Nee Doh cubes)
- Breathing aids (e.g., fidget worm to support paced breathing)
- Textured sensory objects
- Weighted or grounding items (handheld)
- Other simple sensory-regulation supports

*All items are cleaned or replaced regularly and chosen for safety.*

### Client Assent

During each session, I will observe for verbal and nonverbal signs of assent. If a child shows discomfort, shutdown, or withdrawal, the tool will be removed immediately.

### Optional Take-Home Tools

Sometimes I may offer a small sensory item for the child to take home, to help build a regulation toolkit. These items are low-risk and inexpensive. You are welcome to decline this option at any time.

### Consent Statement

*I have read and understood the information above. I have had the opportunity to ask questions and received satisfactory answers.*

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- I **consent** to my child being offered sensory regulation tools during counselling sessions.
- I **consent** to my child occasionally being offered a small sensory item to take home (optional).
- I **do not consent** to the use of sensory tools at this time.

Client's / Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_