

FOR PARENTS AND CARERS

when your child finds the world too loud

This is for you, the parent or carer, to use in supporting your child. It is not written for children to read. If your child finds the world too loud, small, steady changes from the adults around them help most, and the problem is the noise, not the child.

**what overload can look like**

Covering ears, going quiet or still, sudden distress, or needing to leave can all mean sound has become too much. Treat it as communication, not misbehaviour.

**respond calmly**

Lower the noise, offer a quieter space, and keep your own voice soft and short. Your calm helps their body settle faster than words can.

**offer protection early**

Offer ear defenders or headphones before loud places, not after distress, and let your child keep them on for as long as they help.

**plan and warn**

Warn before predictable loud sounds, plan outings for quieter times, and agree a calm way to leave, so going is on their terms.

you know your child best

If noise is affecting daily life, sleep or school, a chat with your GP or their school can open up further support. Needing help is not a failure.



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri