

# Potential Triggers

## For a Neurodivergent Child

ACADEMIC PRESSURE	HAIR WASHING	RESTRAINT
ACCIDENTS	HAIRCUTS	RULES
ANGER	HOLIDAYS	RUSHING
BANDAIDS	HOSPITALS	SCHEDULE CHANGES
BATHING	HUNGER	SENSORY OVERLOAD
BEING IGNORED	ILLNESS	SHAME
BEING INTERRUPTED	INCONSISTENCY	SIBLINGS
BIRTHDAYS	INSECTS	SMELLS
BRUSHING HAIR	IMPOSED TOUCH	TEASING
BRUSHING TEETH	LACK OF CONTROL	TEMP CHANGES
CLOTHING	LACK OF SLEEP	TEXTURES
CONFLICT	LARGE GROUPS	TIME CHANGES
CRITICISM	LOSING	TIMERS
CROWDED SPACES	LOSS OF AUTONOMY	TOILETING
DEMANDS	LOTION	TONE OF VOICE
DENIED ACCESS	LOUD NOISES	TRAFFIC
DENTISTS	MAKING MISTAKES	TRANSITIONS
DETOURS	MISUNDERSTANDING CUES	UNKNOWN
DIET	NAIL CUTTING	WAITING
DOCTORS	NIGHTMARES	WEATHER CHANGES
FAMILY MEALTIMES	NON-PREFERRED ACTIVITIES	VACATIONS
FATIGUE	PAIN	YELLING
FORCED COMPLIANCE	PEER REJECTION	

**THIS IS NOT A COMPLETE LIST BUT RATHER  
INTENDED TO BE A HELPFUL RESOURCE**