

Welcome to the Library!

A Guide for Neurodivergent Visitors of Sunderland Public Library



Everyone is Welcome

Sunderland Public Library is a place where everyone belongs. We understand that people experience the world in different ways. You are welcome to:

- Wear headphones or ear defenders
- Use fidget toys
- Use a weighted blanket
- Move, rock, pace, or stim
- Take breaks whenever you need
- Ask a librarian for help at any time

There is no “right” way to enjoy the library.



Before You Visit

Here is what you can expect.



You May See

- Bookshelves
- A jigsaw puzzle
- Tables and chairs
- Toys
- Computers
- Library staff
- Other visitors
- Headphones



You May Hear

- Quiet conversations
- Children playing in the Children's Room
- Printers and telephones
- Wheels on a book trolley
- Pencil sharpener
- Story time or other programs at scheduled times



You May Notice

- Bright lights
- Different smells from books, crafts, or people
- Automatic entrance door



Plan Your Visit



- Visit our website to find our:
 - Social Story
 - Sensory Friendly Information



- Check our Events Calendar to see what is happening in the library when you plan to visit.



- Call or email us with your questions before you visit.

Sensory Friendly Information

Sunderland Public Library makes a special effort to make our neurodivergent visitors feel welcome.

- Our staff have received training on serving neurodivergent library patrons.
- We offer Sensory Friendly Hours every Thursday from 2 pm - 6 pm.
- We consciously include resources on neurodivergence and fiction books that include neurodivergent characters in our collection.
- We have a collection of Sensory Toys available to borrow.

Is there something we can do to make you feel more comfortable in the library? Please let us know! Our staff are happy to make accommodations for our patrons, and library leadership is always open to discussing policy changes that make our library more accessible.

What to expect during Sunderland Public Library's Sensory Friendly Hours

You can be yourself

We won't ever make you feel uncomfortable for seeking the sensory stimulation you need.



Lowered Lights

Some lights in the library will be turned off to create a more relaxing experience.

Community Room for Quiet



Children's & YA Rooms for Activity

Movement and sound are encouraged in these spaces.

Fragrance Aware

Please avoid wearing strong fragrances when visiting.



Need Something? Just Ask!

Our staff are always happy to help you find what you need to be comfortable in the library.

Respect Everyone's Unique Needs

If someone's behavior inhibits your enjoyment of the library, please let a staff member know so we can work together to find a solution.



Thursdays

2:00 pm - 6:00 pm

If You Need a Break

It is okay to take a break whenever you need one.

You Can:

- Sit in a quieter area
- Put on headphones
- Read quietly
- Draw and color
- Leave the room and come back when you're ready
- Ask a staff member for help



You are always welcome to return when you feel ready.



Thank You for Visiting

We believe every patron deserves to feel safe, respected, and included. Thank you for being a part of our Sunderland Public Library Community.

Stay Connected with Sunderland Public Library



20 School Street, Sunderland, MA



(413) 665-2642



www.sunderlandpubliclibrary.org



director@sunderlandpubliclibrary.org

Hours

Monday 10 - 8

Tuesday 2 - 8

Wednesday 2 - 8

Thursday 2 - 6*

(*Sensory Friendly Hours)

Friday 10 - 6

Saturday 10 - 4