

Play Suggestions for a Child with Sensory Sensitivity

Our senses provide us with information about our body and our world. Some senses give us information from inside of our body that tell us about body position and movement, while other senses give us information from outside of our body such as what we see, hear and touch.

Everyone responds to sensory information differently, some children seek out sensory experiences while other children may avoid them.

Children with sensory sensitivity may react negatively when they encounter a sensory experience in their daily living e.g. loud noise, dislike being touched or getting messy or dirty.

Here are some ideas to support a child who has sensory sensitivity

- Try slow rhythmical movement versus fast movements and spinning
- Alert your child prior to touching them or before loud noises
- Try noise reduction headphones to reduce sound sensitivity
- Limit wall decorations to reduce visual distractions
- Turn off or reduce sound on noisy toys
- Reduce light levels if bright, wear sunglasses outside
- Try gloves when introducing new touch task, gradually fade use of gloves
- Touch new foods with utensil first before picking up with hand, gradually expose item to fingers and hand
- Use modelling to help your child get ready for the upcoming activity

Please contact your occupational therapist if you have any questions about the above information.