

## Our Details:

Children's Therapy

Telephone: 01226 644396

barnsleychildrenstherapy@swyt.nhs.uk



## Noise (Auditory)

**Hypersensitive / Avoiding**



**Preschool**



**Barnsley Children's Therapy Services**



## What do we mean by Auditory Avoiding?

Someone who would retreat from disliked noises in the environment.

**Disliking loud and unexpected noises is a normal part of child development.**

**Some children may demonstrate extreme responses that prevent them or the family from accessing activities.**

Does/can your child:

- Refuse to go into toilets with hand dryers?
- Be withdrawn?
- Be disruptive?
- Be noisy themselves to cover up other noises?
- Get distracted by background noises?

**Preschoolers will need quiet time, gradually increasing their experiences with sounds to allow them to get used to them.**

## Ideas to Try:

### Learning / Play / Concentration:

- Shut windows / doors to reduce external sounds.
- Prepare individuals before going into noisy environments.
- Limit amount of verbal instructions given.
- Use visual supports (photo labelling, now and then pictures, visual timetable, schedules)
- Trial white noise or calming repetitive sounds as background noise to prepare for sleep.

### Dressing / Feeding / Grooming:

- Complete activities in quiet environments.
- Carpeted areas may be easier than bare floors.
- Use visual schedule instead of verbal prompts for sequencing tasks.

Build up tolerance to noisy environments by gradually exposing your child to them.

### Other ideas:

- Trial ear defenders for short-term use to access difficult areas.
- Go to supermarkets when quieter or visit small rather than large ones.
- Go to parties earlier when quieter.
  - Stay only briefly initially, gradually build up time as able.
- Find a quiet area just outside noisy environment to use as a retreat space (until used to the level of noise).
- Visit noisy places little and often.

For noises like handdryers, use graded exposure:

1. Listen to a recording on YouTube with volume on quiet, with them controlling start and stop.
2. Let them turn up the sound until it's a normal volume.
3. Visit a single cubicle toilet with a hand dryer (preferably one you can turn 'off' at the wall).
4. Once happy to operate themselves, return to a more communal area to practice listening to others set them off!

Remember sensory processing is complex.  
It's different for individuals because everyone is unique!

And more importantly, there is never a 'wrong' way to be!!