



Remember sensory processing is complex.  
Its different for every child (& adult) because everyone is unique!

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

**Specific Advice:**

**Possible professions :-) ....**

- Librarian
- Wildlife cameraman
- IT worker

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

**Children's Therapy**  
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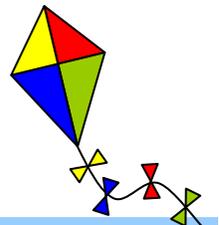
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**These activities should be carried out in a safe environment and supervised by a responsible adult.**



**Auditory**  
(sounds)

**Hypersensitive/  
Avoiding  
(teenager)**



What do we mean by Auditory Avoiding? .....

“Someone who would retreat from disliked noises in the environment”

Does your child....

- Dislike unexpected or loud noises
- Dislikes firework noise
- Refuse to go into toilets with hand dryers
- Can be withdrawn
- Can be disruptive
- May be noisy themselves (to cover up other noises)
- Is distracted by background noises

Avoiders often need their sensory input reduced.  
Carefully construct events to introduce a wider range of sensory experiences so they can habituate to (get used to) them.  
Take one embedded ritual and expand it in one way at a time.  
But remember they may need to ‘get away’ & regroup if they become ‘overwhelmed’.

Creating structures that provide predictable auditory experiences

Ideas to try.....

### **Learning/ Play/ Concentration**

- Shut windows/ doors to reduce external sounds
- Prepare individuals before going into noisy environments
- Trial a work station/ quiet areas for new or complex tasks
- Limit amount of verbal instructions given
- Use visual supports (timetables, hand outs, photo labelling)
- Trial white noise or calming repetitive sounds as background noise to prepare for sleep especially if aware of subtle noise (heating, lights etc.)

### **Dressing/ Feeding/ Grooming**

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

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

- Trial ear defenders (acoustic ones that still allow voices through but cut out sharp loud noises are useful) for short term use to access difficult areas
- Own music on phone/ MP3 player (as a way of controlling what they hear)
- Go to supermarkets when quieter or visit small rather than large ones
- Go to Discos/ parties early when quieter
- Stay only briefly initially and build up time as able
- Find a quiet area just outside discos (weddings etc.) to start off in (until used to the level of noise) and to use as a retreat
- Visit noisy places little and often where possible