



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:

Potential professions

- LUSH shop assistant
- Baker/ cook
- florist

Name:

If you have any queries please contact your therapist.

Our details:

Therapist name:

Children's Therapy
Oaks Building
Kendray Hospital
Doncaster Road
Barnsley
S70 3RD

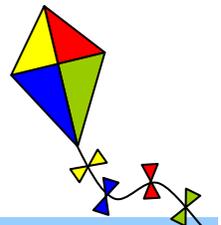
Telephone: 01226 644396

These activities should be carried out in a safe environment and supervised by a responsible adult.

Smell



Seeking



What do we mean by seeking smells ?....

‘Someone who actively creates smell experiences within everyday situations’

Does your child.....

- Like strong smells
- Likes ‘inappropriate’ strong smells e.g. faeces
- Routinely smells non-food objects
- Seeks out certain smells

For those individuals who ‘seek’ specific sensory information, the aim is to **increase the intensity** of specific sensory experiences within daily activities

E.g. if they are seeking smells allow them to experience more smells especially appropriate ones

Meals:

- Use new aromas within foods
- Ask them to identify what the food is by its smell or to identify individual smells within the foods
- Make spices, hot sauces etc. available

Dressing/ Grooming:

- Use scented lotions, shower gels, shampoos
- Use scented detergents

General:

- Use similar strong aromas in place of any inappropriate ones
- Use a sleep scent (like vanilla or lavender) on pillow
- Play ‘smell matching’ games
- Use scented pencil, pens for school work
- Provide additional smells by placing a favourite perfume, oil, after-shave on fabric or aroma ball in their pocket

Categories of Scent

- Fragrant
- Wood/resins
- Fruity
- Citrus/ lemon
- Sharp/ pungent
- Chemical
- Mint/ peppermint
- Sweet
- Sickening

Activities to include smells...

- Cooking
- Baking
- Food preparation
- Paint with scented food