



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 :-) ...

- Deep sea diver
- Caver
- Museum curator

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

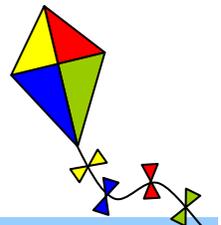
Telephone: 01226 644396

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

Visual



Hypersensitive/ Avoiding



What do we mean by Visual Avoiding?

‘Someone who looks for LESS visual experiences from everyday situations’

Does your child....

- Prefer the dark
- Avoid sun light
- Dislike bright or florescent lights
- Covers their eyes

Sensory ‘avoiders’ often need their sensory input reduced.

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

Ideas to try.....

- Use symmetry & neutral colours
- Use dimmer switches on lights
- For older children trial a natural light (such as a Lumina) rather than opening the curtains to wake them

Play/ school work

- Reduce fluorescent lighting (often can be difficult)
- Individuals often work best in natural, indirect sunlight
- Create a work station or use a privacy screen to reduce movement in the peripheral vision
- Reduce clutter both on work surfaces & on notice boards

Outside

- Trial sunglasses
- Peaked cap
- Gradually move from the dark to light

Gradually introduce different visual experiences

Practice little & often and at a pace dictated by your child