



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 :-)

- Tea blender
- Astronaut
- McDonalds chip sampler!

Name:

If you have any queries please contact your therapist.

Our details:

Therapist name:

Children's Therapy
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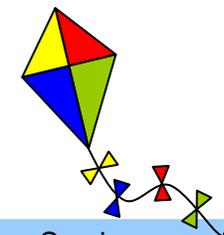
Telephone: 01226 644396

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

Taste



Hypersensitive/ Avoider



What do we mean by taste avoiding?

'Some one who would retreat from disliked food tastes'

Does your child.....

- Only like bland foods
- Know if eating a different variety of a food
- Avoids new tastes
- Have a very narrow food repertoire (not related to texture)

Doesn't like food touching (especially those with a strong flavour)

Avoiders often need their sensory input reduced.

Carefully construct events to introduce a wider range of sensory experiences so they can habituate to them (get used to)

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'.

Ideas to try....

- Introduce one new taste at a time, but vary this through the week.
- Use plate separators/ small bowls so foods don't touch
- Use extractor fans & open windows to reduce strong aromas linked to tastes
- Try preferred tastes in the form of lip balms to mask less favoured tastes
- Grade food exposure (see additional sheet)

Activities to increase food tolerances

- Cooking
- Baking
- Food preparation
- Play waitress/ waiter
- Pretend food play
- Grow your own veg

Categories of Taste

- Sweet
- Salty
- Bitter
- Sour
- Umami (meat taste)

