



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 :-) ...

- Explorer
- Frequent flyer
- Professional all you can eat eater!

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

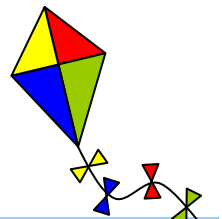
Telephone: 01226 644396

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

Taste



Hyposensitive/ Poor registration



What do we mean by poor registration to taste ?...

'someone who doesn't notice tastes during everyday situations'

Does your child.....

- Not notice or react to strong tastes
- Over fills their mouth
- Will eat everything (including non food items)
- Prefers foods to be extreme in temperature (hot/ cold)

Individuals who struggle to register information in their environment, need the task features and contextual cues (hints from the activity, that help you know what it is) enhancing.

Try and make all experiences more concentrated with sensory information.

Ideas to try.....

- Add additional flavours to foods (using spices, herbs, sauces)
- Change contrast in flavours within familiar meals (have very spicy potatoes with a Sunday roast or try coriander in a salad)
- Increase general contrast of flavours (one food from each taste category)
- May need help to distinguish a food source from a non-food source (present all edible foods on a plate or bowl)
- 'Wake up the mouth' before eating, trial a mouth swill with cold water or use an electric tooth brush.

Activities to increase food awareness

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

Categories of Taste

- Sweet
- Salty
- Bitter
- Sour
- Umami

