



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:

Professions :-)

- Professor
- Computer programmer
- Lab technician

Name:

If you have any queries please contact your therapist.

Our details:

Therapist name:

Children's Therapy
Oaks Building
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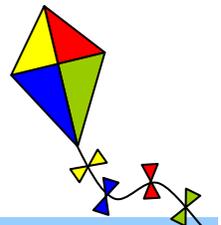
Telephone: 01226 644396

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

Tactile



Hypersensitive/ Avoiding (teenager)



What do we mean by Hypersensitive/Tactile Avoiding? 'Someone who looks for LESS touch experiences from everyday situations'

Does your child....

- Avoid particular textures/ new clothing
- Not like tags/ socks/ seams
- Avoid hugs, light or tickly touch (unless on their terms)
- Refuse to walk barefoot

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'

Pre warn your child before touch. Approach from the front. Firm touch is usually easier to tolerate than light tickly touch.

Ideas to try.....

Fine Motor

- Provide lots of opportunities to explore objects through touch
- Develop fine motor control & dexterity
- Continue to incorporate messy play
- Sit Left handers away from Right handers (& vice versa) when writing

Dressing

- Complete a self 'body rub' before starting dressing tasks
- Try using a body lotion or body spay before dressing
- Use seam free, label free clothing
- Pre-wash clothing or use more softener

Feeding

- Teach cutlery skills to reduce spills
- Provide a face cloth to wipe face following eating

Grooming

- Trial deep pressure before grooming activities (see additional sheet)
- Encourage individuals to complete activities themselves (enabling them to regulate their own sensitivity) especially hair brushing, face washing

Gradually introduce different textures Practice little & often and at a pace dictated by your teenager

Textures to try

Hard/dry textures (that don't stick to fingers)	Dry pasta Dry rice, couscous Frozen peas Sand (dry) Fabrics – rough, smooth, soft, hard. (wool, fleece, nylon, silk)
Damp/soft textures (sticks to fingers but brushed off)	Wet sand Cooked pasta Cooked rice Cooked couscous Play doh Painting with sponges / brushes Moon sand Flour / cornflour
Sticky/Wet (sticks to fingers and needs wiping off)	Water Play Gloop (corn flour & water) Paint – finger paint. Mud Jelly Shaving Foam