

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
- National park ranger
- Post man

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

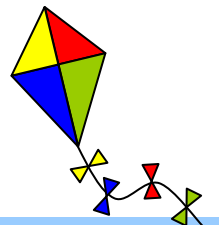
**These activities should be carried out in a safe environment and supervised by a responsible adult.**



Smell



Hypersensitive/  
Avoiding



What do we mean by smell avoiding?

'someone who would retreat from everyday smells in the environment'

Does your child.....

- GIP or is sick with certain smells
- Like bland foods
- Only eat certain foods because of the smell
- Avoid canteen/ restaurant eating due to other food smells
- Become distracted by smells in the environment

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'

Some individuals are very distressed/ distracted by smells in the environment therefore be mindful of this and work to develop acceptance slowly and in a graded manner.

Meals:

- Limit cooking smells (by opening windows/ using extractor fans)
- Use preferred scents to cover those not liked
- Trial a favoured lip balm to put on whilst waiting

Dressing/ Grooming:

- Use unscented detergents, shampoo, body wash, limit perfumes
- Limit washing & fabric conditioners

General:

- Be mindful of fragrances/ perfumes around the home & on you
- Use preferred smells to mask non-preferred ones (on a hanky, aroma ball in the pocket, on a school tie, aroma necklace, air freshener in their room etc.)
- Limit external smells, shut windows/ doors
- Be aware of plastic smells/ room aromas

Activities to increase awareness of smells ....

- Cooking
- Baking
- Food preparation
- Paint with scented food
- Match smells to items
- Experiment with soaps etc.

Trial a range of different aromas, including spices, perfumes, oils etc. to find out which are most preferred.

Categories of Scent

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