

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 :-)

- Cheese maker

Name:

If you have any queries please contact your therapist.

Our details:

Therapist name:

Children's Therapy
Oaks Building
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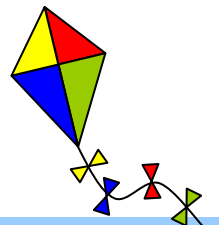
These activities should be carried out in a safe environment and supervised by a responsible adult.



Smell



Hyposensitive/
Poor registration



What do we mean by poor registration to smell?
'Someone who doesn't notice smells during everyday situations'

Does your child.....

- Not notice strong smells
- Not react to smells in the environment

Increase contrast & vary where possible, to increase awareness of individual smells

Meals:

- Use a single strong aroma within meals
- Alternate meals to reduce familiarity

Grooming:

- Use scented soaps & body lotions on body
- Use scented detergents & washing powders on clothes
- Wash toys with scented cleaners

General:

- Use different scented room diffusers to denote individual rooms
- Play identification game & match the item to its smell
- Talk about what you can smell

Activities to increase awareness of smells

- Cooking
- Baking
- Food preparation
- Paint with scented food
- Play identification games to match smell to objects
- Trial a range of different aromas, including spices, perfumes, oils etc. to find out which are most preferred.

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.

Categories of Scent

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