



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:-) ...**

- Marmite checker
- Food critic
- Wine taster

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

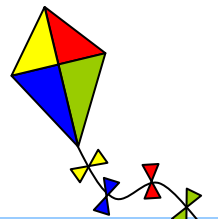
Telephone: 01226 644396

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

# Taste



# Seeker



What do we mean by taste seeking?.....

‘Someone who needs strong tastes or resistive textures within their foods’.

Does your child.....

- Seek out certain tastes
- Mouth objects
- Like strong flavours
- Lick surfaces such as metal or glass

For those individuals who ‘seek’ specific sensory information, the aim is to **increase the intensity** of those sensory experiences within daily activities

i.e. If they are seeking tastes.. allow them to experience new & more vivid/ stronger tastes

Increase variety of foods, increase flavours & textures within meals

Ideas to try....

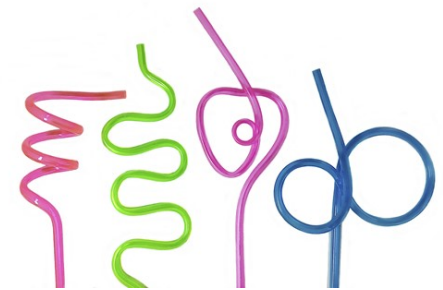
- Add herbs & spices to blander foods (try nutmeg, cinnamon, pepper)
- Provide additional sauces as dips (try: soy sauce, tomato sauce, balsamic vinegar)
- Try mints/ strong flavoured sweets (such as Fisherman's Friends, Pontefract cakes) to help focus & concentration
- Trial mint or flavoured chewing gum
- Flavoured lip balms

Activities to try...

- Provide crunchy, chewy snacks and thicker drinks during the day as well as at meal times

Examples of food and drinks to try....

- Carrots, celery
- Bread sticks, crackers, Ryvita, crispbreads
- Dried fruit,
- Nougat, toffee
- Thick milk shakes
- Fruit smoothies



Try curly straws to give the mouth a ‘workout’!