



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:

Suitable Profession :-)

- Rugby player
- Builder
- Crowd control stewards

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

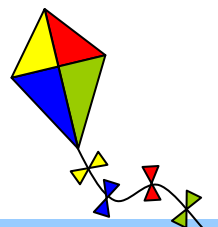
Telephone: 01226 644396

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

Tactile



Hyposensitive/ Poor Registration



What do we mean by tactile Hyposensitive/Poor registration?
 ‘Someone who looks for but doesn’t notice touch experiences during everyday situations’

Does your child....

- Bump into objects
- Not turn to touch
- Not register temperature changes or pain

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.

Increase contrast and variety of textures in every day tasks & games
 Use different weights, sizes & textures
Ideas to try.....

Fine Motor

- Provide lots of opportunities to explore objects through touch
- Place textured strips on pencils and sand paper under paper to increase resistance as writing
- Encourage messy play (see additional ideas)

Dressing

- Use massage, deep pressure, body lotions/ sprays before dressing
- Trial tighter fitting clothes
- Trial contrasting or rougher fabrics

Feeding

- Use different textures within food on the plate
- May like spicier foods
- Try a cold drink or offer ice cubes before a meal to ‘wake the mouth’

Grooming

- Use different face cloths, textured body scrubs
- Trial different types of hair brushes

Games to play:

- Home made obstacle courses
- Walking on different textured surfaces
- Draw shapes or letters on the back as a guessing game
- Guess the person by touch only (eyes closed) - could pick different body parts

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 |