



Responding to your child's sensory needs at home

After considering which sensory needs your child has, you can then look at different areas of your home to see how you can meet these needs.

Consider:

Different areas of the home – e.g.

- Bathroom
 - If your child is over-sensitive to smell, are there perfumes or lotions that may be distressing for him/her?
- Kitchen
 - If your child is under-sensitive in touch/tactile area, are things safe for him/her – is the stove-top covered?
- Laundry
 - Have you changed the powder you use to wash the clothes, or used a fabric softener that has made your child's clothes too soft?
- Bedroom
 - If your child needs pressure on their skin, are the sheets tucked tightly, or do you have something to sleep in?
- Loungeroom
 - Is it too noisy with the television on and people talking? Does your child need headphones?
- Outside
 - Think about all the noises, light, smells... If your child is under-sensitive in the vestibular/balance area, do they need a swing or something for continual movement?

Different routines

- Getting dressed
 - Are there any labels in clothing that might bother your child? Are the socks too tight or too loose?
- Eating meals
 - If your child will only eat food of certain texture, you can still make nutritious meals using the foods that are not distressing
 - Is the table too noisy with all the family there?
- Bathtime
 - Temperature of water might bother your child, or the actual water may be something they love or hate!
- Bedtime
 - Think about the factors in their bedroom that may help to soothe them for better sleep, or cause them to be unable to sleep

These are just some examples for you to think about. The important thing is recognising what is the right sensory approach for your child and trying to meet those needs. This will help both you and your child feel more calm.

