



# SENSORY PROCESSING

Some Top Tips from parents to help you support your child's sensory processing

## Mix it Up

"Try to provide your child with a mixture of sensory experiences throughout the day. This can help your child 'feel right' and be more regulated and attentive."

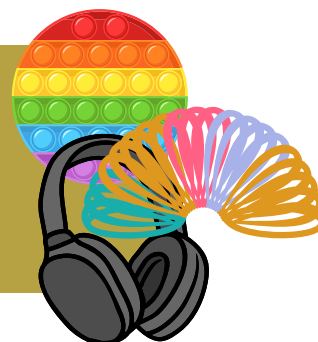


## Create a Sensory Area

"At home, if possible, try and create a sensory area, which could be anything from a bag to a whole sensory room or a pop up tent. Somewhere where your child can have their specific needs met."

## Out & About

"If you're going to go on days out, you might want to take a sensory bag with you or ask venues whether they've got sensory provisions, because lots of them do now, especially the bigger ones."



## Acceptance

"If your child's sensory-related behaviour is not hurting anybody or themselves, then enable and support them to express themselves, because it's their way of processing or regulating themselves"

## Consistency

"Be sure to make your child's school or other carers aware of any sensory processing differences and how they can best support your child."

