

JOINING IN WITH SENSORY DIFFERENCES

If you feel your child is more sensitive to certain sensory information and it is causing challenges with day to day activities the following website offers help and information specific to your child's preferences:

<https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>

When using these strategies we ask you to consider the following as these can impact how on your child responds to sensory information.



Is your child in good health and free from infection and pain?



Is your child sleeping well?



Is your child eating regularly? Is your child going to the toilet regularly?



Is your child physically active?



Is your child upset or worried about something?



Have there been any significant changes in their lives?



Do they have familiar routines in their day?

These areas need to be supported alongside sensory strategies provided by the website.

We recommend trying these consistently for a period of 3 months to see if this helps.

If at this time you require further advice please call **01383 674005** to speak to an Occupational Therapist.

Useful websites

<https://www.sleepscotland.org/>

<https://www.nhsggc.org.uk/K/DS>

<http://tinyurl.com/nbdvfrp>