

Joining in with Sensory Differences

If you feel your child/young person 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/>

For concerns around a selective/restricted diet, go to the above link and scroll down to the section below

Vision Hearing Touch Smell and Taste Body Awareness Movement and Balance Interoception **Fussy Eating**

Sometimes children and young people can find it difficult to take part in eating. This can be for lots of reasons. There are some things you can try at home which might help.

Have a look at our resources to find out how you can help your child to take part in eating at home.

If you think your child or young person has difficulty with eating because they process sensory information differently then you can

- Complete the [Eating Questionnaire](#)
- Look at the [Fussy Eating Information Sheet](#)

then select “Fussy Eating” for information to support your child.

When using the above sensory 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.

If you wish to discuss these strategies or you feel they are not making a difference, please call our parental advice line on;

01592 226699

Occupational Therapy
Monday 12 noon–2pm
Wednesday 10am–12pm

