

USEFUL RESOURCES

"Sensational Kids: Hope and Help for Children with Sensory Processing Disorder" by Lucy Jane Miller

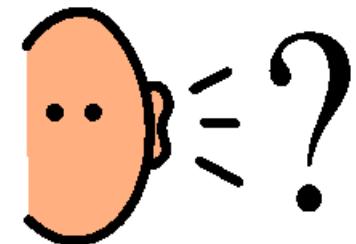
Children's rights

We are committed to upholding the rights of all children.

Child protection

We respect the need for confidentiality. The exception to this is when there are concerns about child protection. In these cases, having discussed our concerns with you, we would liaise with social care in accordance with Oxfordshire's safeguarding children procedures.

Auditory Strategies



Your child may have difficulty screening out noises from the next room or tolerating background noise such as a fan. Your child may react emotionally to unexpected and loud noises such as a fire alarm or an aeroplane and be fearful of appliances such as a vacuum cleaner. They may have difficulty concentrating during preschool or school sessions because they are so overwhelmed by other auditory information. Everyone is different and not all strategies will be effective for your child. Please note that there is limited evidence that some of the strategies work for all children. Observing how your child behaves in different environments will give you an indication of what they may find calming.



Some general tips on things that you could do to help your child manage them better and reduce exaggerated responses are:

Provide calming and deep pressure input before and after a noisy event e.g. body squeeze, high five

Sucking from a sports water bottle or eating chewy or crunchy foods can help to increase concentration in noisy environments.

Limit extraneous auditory input from the hallway by closing the door.

Trial snug/tight clothing as a calming strategy.

Consider setting up quiet spaces that other children can also access, e.g. book corner.

Make sure that quiet occurs before instructions are given

Seat the child away from open windows and doors.

Prepare the child in advance for distractions such as visitors or announcements. A visual support is helpful.

Consider seating in a quiet, distraction free area.

Keep auditory distractions to a minimum.

Use gestures and/or visual supports to supplement verbal directions.

Ask the child to repeat back what has been said to check for understanding and accuracy.

Whenever possible, alert or prepare the child before an offending noise occurs e.g. school bell, fire alarm. Avoid using appliances or equipment at times when you would like the child to maintain their focus.

White noise or quiet music with a steady beat can be useful at certain times, e.g. bedtime to help the child fall asleep.