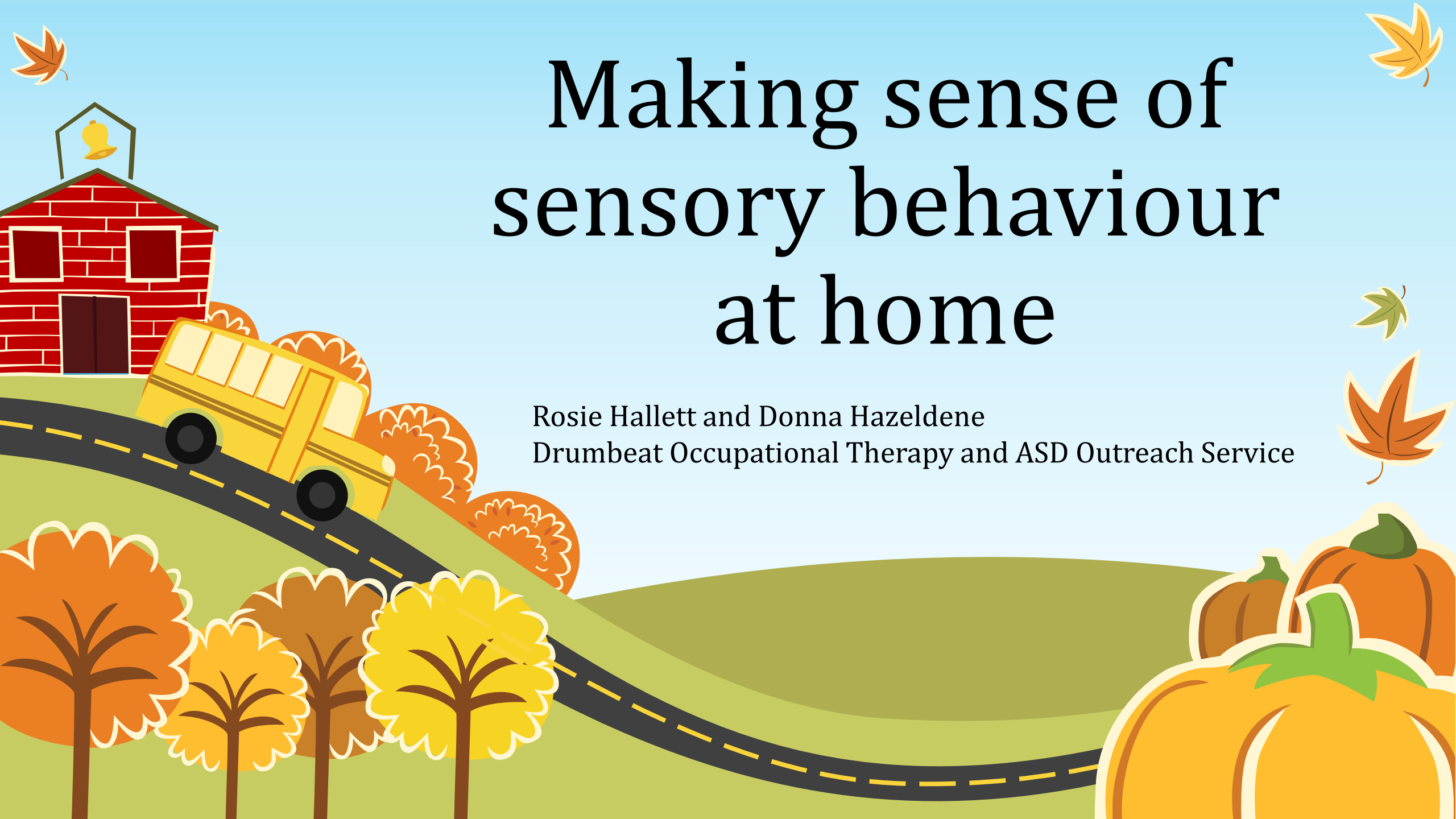






Making sense of sensory behaviour at home

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We will talk about..

1. What are the sensory behaviours that brought you here today?
 2. Basics of the sensory system.
 3. Sensory challenges in everyday life....
 4. And some ideas for managing them
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What are your sensory needs to get you up and out in the morning/ready for bed in the evening?

- Sounds
 - Tastes
 - Texture
 - Temperature
 - Activities
 - Visual environment
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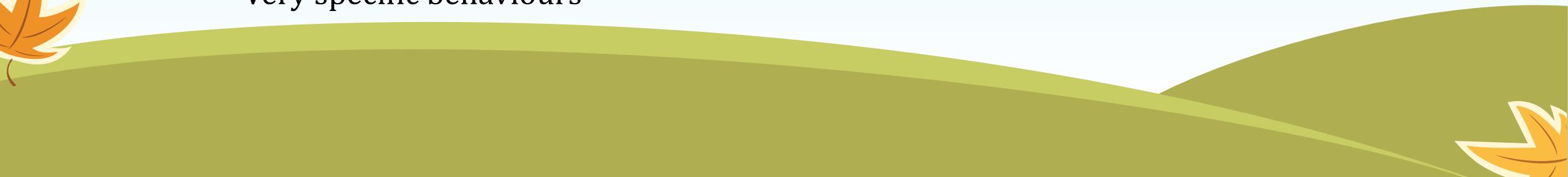


What are your sensory needs to get you up and out in the morning?

- **Coffee or tea?**
 - **Shower or bath?**
 - **Breakfast or not?**
 - **Fitted clothes or loose clothes?**
 - **Loud music or talk radio?**
 - **Walking or driving?**
 - **Heating on or not?**
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What brought you here today?

- Personal care – bath/shower/hair washing/nails/toileting
 - Clothing including shoes
 - Breaking things/hurting people
 - Constantly on the go
 - Stereotypical movements
 - Noise related problems
 - Eating and Drinking difficulties
 - Very specific behaviours
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Sensory behaviours and ASD

- 80% of people with ASD have sensory processing difficulties (NAS)
- Some children have sensory processing difficulties but do not have ASD.
- All of us have our own particular 'sensory profile'.



What are the sensory systems of the body?



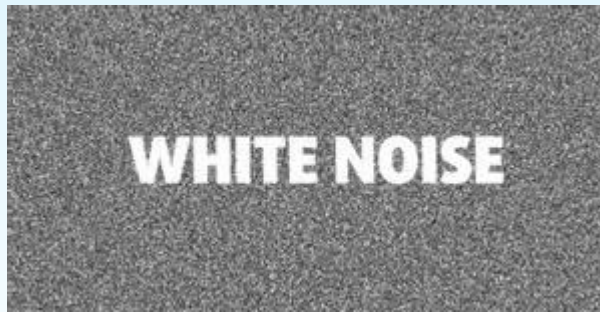
Sensory Processing - sound

- Hands over ears
- Irritated by noises others don't hear
- Complains that others are shouting
- Can't stand toilet flush noise



- Doesn't respond to name being called
- May like to have TV sound very loud
- May seek out noises or make own noises - humming

Strategies to try..



Sensory Processing – visual

- Dislike of certain lighting – bright or fluorescent
- May notice lots of visual detail
- Difficulty concentrating in a cluttered environment



- Likes light toys, bright lights
- Creates visual stimulation handflapping, spinning objects
- Gets close to screens and enjoys colour and movement.

Strategies to try..



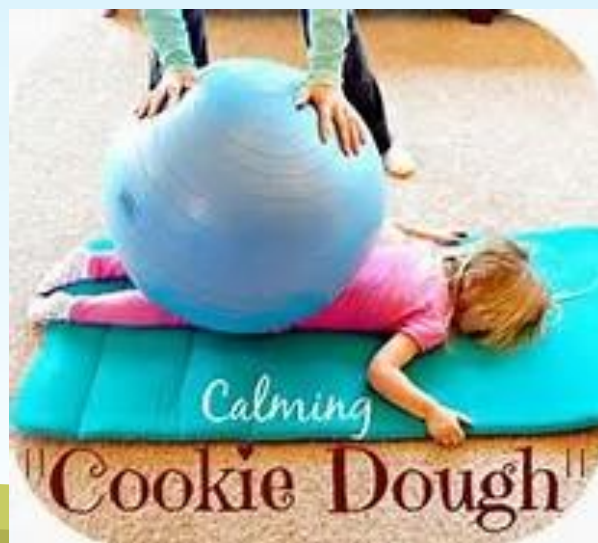
Sensory Processing – touch

- Dislikes being touched or held
- Dislikes messy play or food on hands/face
- Dislikes certain food textures
- Cannot tolerate some clothes



- Doesn't notice pain, temperature, twisted clothing
- Doesn't notice when hands or face are messy
- Seeks out messy play, certain textures
- Explores by touch

Strategies to try..



Sensory Processing - smell

- Can be very distracted by smells others don't notice
- Distressed by perfumes
- Strong memories linked to smells
- Explores by sniffing
- Must smell before tasting
- Enjoys strong smells



Strategies to try..



WENO Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Hot Cinnamon Raisin	Salisbury Pie Cinnamon Raisin	Beef Stew Cinnamon Raisin	Salisbury Pie Cinnamon Raisin	Hot Fudge Cinnamon Raisin
Meat	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin
Meat Balls	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin
Vegetables & Potatoes	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin
Side	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin
Dessert	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin	Hot Cinnamon Raisin



Sensory Processing - taste

- A supertaster – can tell the difference between brands of same food
- Fussy eater
- Hates cleaning teeth



- Likes very hot or very cold foods
- Poor chew and swallow
- May taste/mouth non food items

Strategies to try..



Sensory Processing – balance and movement

- Dislike of movement activities – swinging, jumping, spinning
- Motion sickness
- Avoids balance activities
- Movement seeker
- Fidgets to focus
- Low muscle tone



Strategies to try..





Strategies to try at home – remember SPELL

- **Structure** – routines and visual supports e.g. weekly menu, schedules for getting up and going to bed
- **Positive approach** – having clear expectations (e.g. what are your house rules) and rewards, helping your children feel positive about themselves.
- **Empathy** – the detective work, what is your child all about? Listening, watching, learning.
- **Low arousal** – all important for sensory issues – environment (noise, lighting etc) but also interaction style (adults keeping calm). Give them control over aspects of environment and activities (e.g. hairbrushing, bathing)
- **Links** – communicating with school, childminders, extended family and making sure you are giving a consistent message, although your rules will be different.





What is a Sensory Diet for?

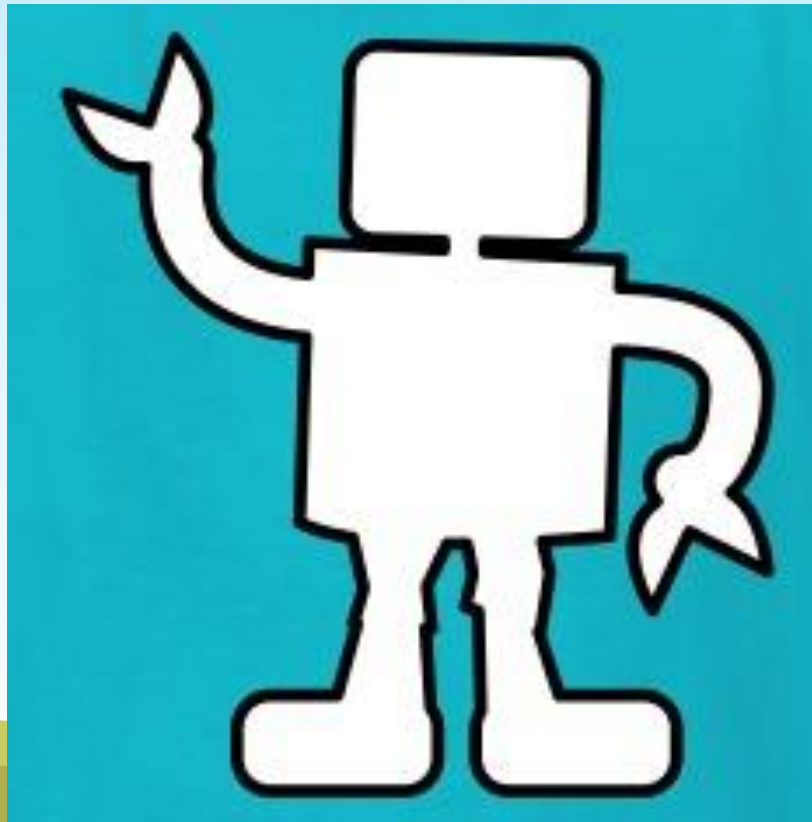
- It is a way to make sure students get the right amount of sensory input throughout the day to keep themselves 'calm and organised'
 - A sensory diet is for filling the 'tank of tolerance'
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The tank of tolerance - younger

Top up with

- Walk to school
- Breakfast
- Time to wake up
- A good game in the playground
- Quiet place to work
- Music, PE, Dance, Drama,
- Swimming
- Playground on the way home



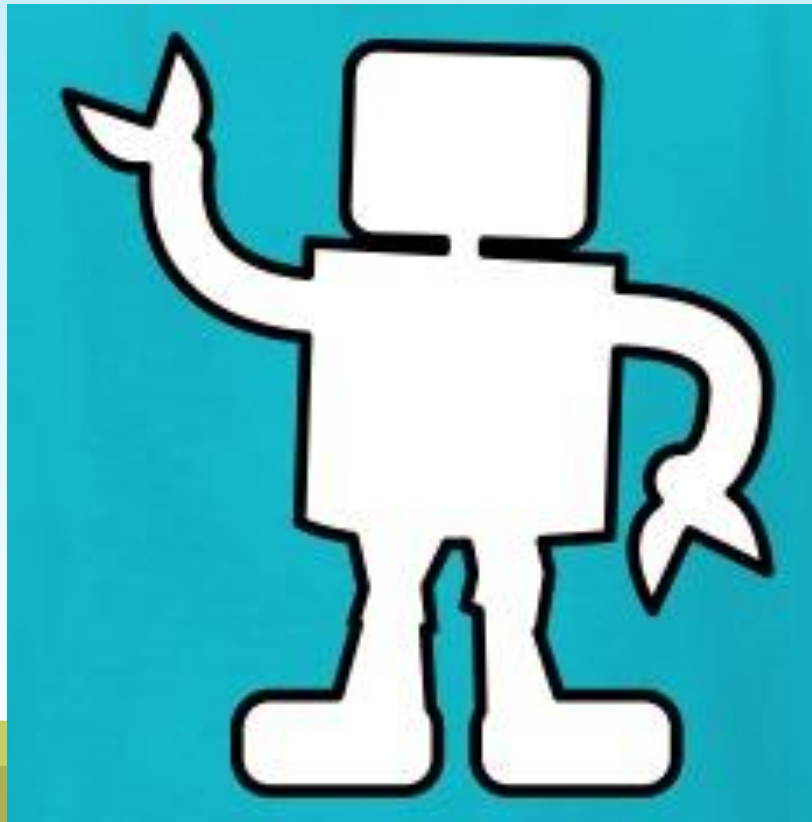
Drain the tank by

- An hour on the school bus/car
- Being hungry/tired
- Noisy/busy environment
- Sitting for long periods
- Screen time
- Difficult bedtime

The tank of tolerance - older

Top up with

- Walk to school
- Breakfast
- Time to wake up
- Sitting in good position in class
- Quiet place to work
- Music, PE, Dance, Drama
- Football, Tai Kwon Do
- Cooking



Drain the tank by

- Arguing at home before school
- Being hungry/tired
- Not having correct items for lessons = detention
- Sitting for long periods
- Missing breaktimes
- Screen time
- Late to sleep/poor sleep



Dad talking about son

- <https://www.theguardian.com/society/video/2016/may/13/autism-a-carpet-made-my-son-feel-like-he-was-drowning-video>



Sensory Overload Video

<https://www.youtube.com/watch?v=K2P4Ed6G3gw>