















TIPS FOR USING SENSORY STRATEGIES

After reading please see Calming, Organising and Alerting strategies.

What's Important to know	How to start using sensory strategies
<p style="text-align: center; color: purple;">What are Sensory Strategies?</p> <div style="display: flex; justify-content: space-around; align-items: center;">       </div> <p style="text-align: center;">Hearing Vision Touch Smell Taste Movement</p>	<p>Be a sensory detective and learn about your child's sensory preferences:</p> <ul style="list-style-type: none"> Do they like lots of noise or are they bothered by certain sounds? Do they like bright lights or prefer natural light? Do they touch everything around them or do they avoid touch? Do they like to smell objects/people or are they upset by certain smells? Do they prefer spicy or bland food? Do they seek out lots of movement or avoid it? <p style="color: purple;">Know what your child likes and dislikes. Sensory strategies should be fun!</p> <p>Work out whether your child is too sleepy, too giddy or just right.</p> <p>Just right means your child is in a calm & alert place for whatever activity they need to do. Use Organising strategies to help keep them calm and alert.</p> <p>Too sleepy means they are struggling to be awake enough to learn and play. Try an Alerting activity, followed by an Organising activity.</p> <p>Too giddy means they are 'over-stimulated' e.g. they may look over excited or very stressed/upset. Try Calming strategies. If your child is showing distressed behaviours (sometimes called 'meltdown') move to a calm space, reduce lights and noise.</p>
<p style="text-align: center; color: purple;">Why are Sensory Strategies helpful?</p> <div style="display: flex; justify-content: space-around;">    </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p style="color: blue;">Too sleepy!</p> <p>Sensory strategies can change how alert or calm we feel.</p> </div> <div style="text-align: center;"> <p style="color: red;">Too giddy!</p> </div> <div style="text-align: center;"> <p style="color: green;">Just Right</p> </div> </div>	<p style="text-align: center;">Timetable activities into your child's day.</p> <p>Start from when they wake up in the morning, use through the day including at bedtime.</p> <p>Make sensory activities part of your child's routine.</p> <p>Match the sensory strategy to how your child is feeling e.g. if they can only focus for short periods, do short bursts of activities.</p> <p>It is important for your child to enjoy the sensory strategies and have some fun using them!</p>
<p style="text-align: center; color: purple;">When do I use Sensory Strategies?</p> <p style="text-align: center;">Morning Break Lunch Afternoon Bedtime</p> <div style="display: flex; justify-content: space-around; align-items: center;">      </div> <p style="text-align: center; font-weight: bold; font-size: 1.2em; margin-top: 10px;">USE ANYTIME AND ANYWHERE!</p>	