

*Thinking differently for a brighter tomorrow...*

# Audiology Day – Supporting Sensory Needs

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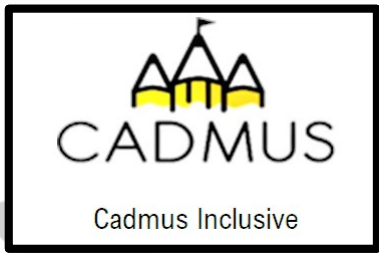
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# Today We Will Explore

- Our 8 senses.
- What is sensory seeking and avoiding?
- How can we help children to manage their sensory needs?
- Make a sensory support.

# Our Eight Senses

Hearing (auditory)
Sight (visual)
Smell (olfactory)
Touch (tactile)
Taste (gustatory)
Proprioception
Vestibular
Interoception



# Feeling 'Just Right'

Under Responsive



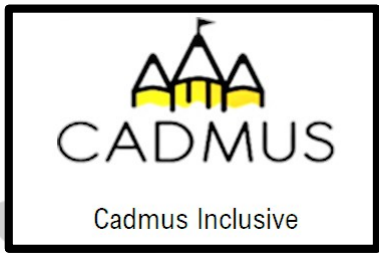
Just Right



Over Responsive



A continuum



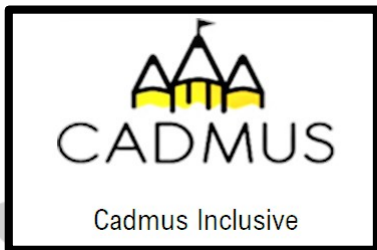
# Feeling 'Just Right'

Sensory Avoiding:



Sensory Seeking:





# You Might See: Hearing

## **Sensory Seeking:**

- Enjoys making own sounds.
- Ignores certain sounds but tunes into others.
- Seeks noisy, loud places.

## **Sensory Avoiding:**

- Covers ears.
- Makes own sounds.
- Difficulties with concentrating
- Can hear distant sounds more effectively than closer sounds.
- Noise of electrical hums can be difficult to manage.



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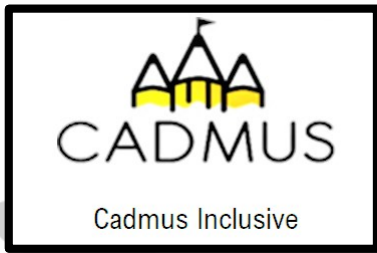
# You Might See: Smell

## **Sensory Seeking:**

- Licking objects or people.
- Sniffing objects or people.
- Exploring strong smells.

## **Sensory Avoiding:**

- Avoids certain areas in the environment.
- A dislike of body odours and perfumes.
- Dislike of breath smells.
- Physical reactions to smells.



# You Might See: Visual

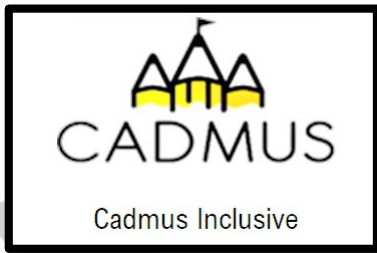
## **Sensory Seeking:**

- Flapping hands in front of face/eyes.
- Use of peripheral vision.
- Poor depth perception.
- Fascination with light and distortion.

## **Sensory Avoiding:**

- Can find colours, patterns and lights difficult.
- Focus upon detail, not the big picture.
- Looks down, covers or closes eyes





# You Might See: Tactile

## **Sensory Seeking:**

- A needing to touch particular people, objects, and materials.
- Self-harm.
- A possible high pain threshold.
- A need to feel pressure.

## **Sensory Avoiding:**

- Avoids physical contact from others.
- An inability to touch particular substances or clothes.
- Personal hygiene difficulties.

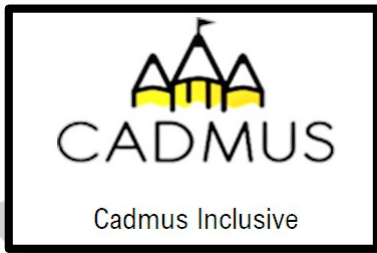
# You Might See: Taste

## **Sensory Seeking:**

- Tries to eat inappropriate substances.
- Likes very strong or unusual flavours.

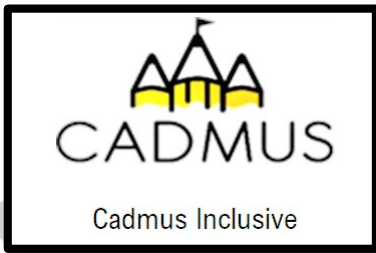
## **Sensory Avoiding:**

- A 'picky' eater.
- Prefers bland food.
- Some textures can cause discomfort.



# You Might See: Proprioception

- Rocking, spinning, flapping.
- Difficulties with navigating space.
- Difficulties in PE.
- A 'bouncy' walk.
- Being unaware of personal space or body position in space.
- Low muscle tone, floppy, weak, stumbles.
- Fine motor difficulties
- Movement of whole body to look at something.
- Difficulty with starting and stopping.
- Difficulties with judging speed.



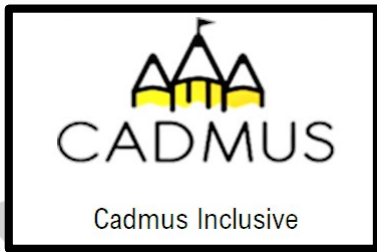
# You Might See: Proprioception

## **Sensory Seeking:**

- Seeks deep pressure.
- Likes small, tight spaces.

## **Sensory Avoiding:**

- Fails to connect with surfaces.



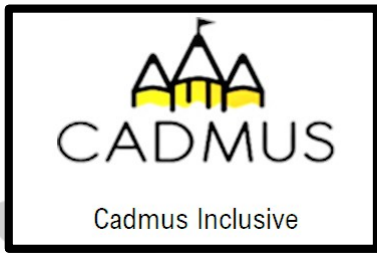
# You Might See: Vestibular

## Sensory Seeking:

- Pursues movement to the point it interferes with daily routines.
- Rocks on chair or when standing
- Loves extreme fast things e.g rollercoasters
- Rarely get dizzy

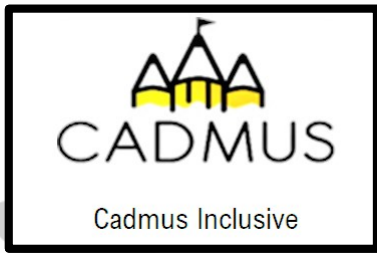
## Sensory Avoiding:

- Avoid having feet off the ground, being lifted up, playing on slides / swings.
- Afraid of escalators.
- Avoid head tipping back (washing hair)
- Travel sick easily
- Bumps into things
- Lack of balance
- Poor muscle tone (appears floppy)

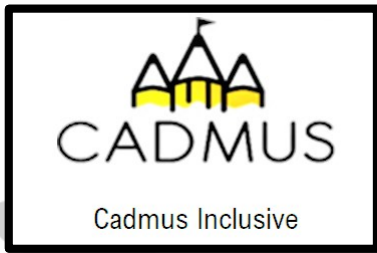


# You might see: Interoception

- Over eating.
- Needing to be reminded to eat/drink.
- Difficulties recognising when to go to the toilet.
- Doesn't recognise when too hot/cold.
- Doesn't recognise when injured, ill and/or in pain.
- Difficulties with recognising and managing emotions.



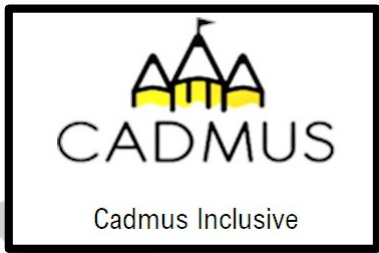
How can we help children to manage their sensory needs in our audiology appointments?



# Hearing: Tips and Tricks

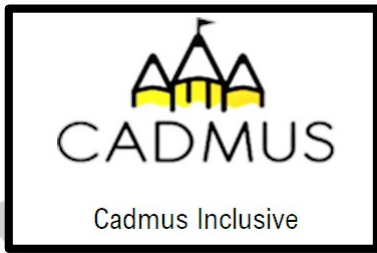
- Offer ear defenders
- Use of personal music devices.
- Carpeted rooms.
- Check electrical equipment.
- Lessen echoes.
- Close doors and windows.
- Limit listening time.
- Explore noise making apps.





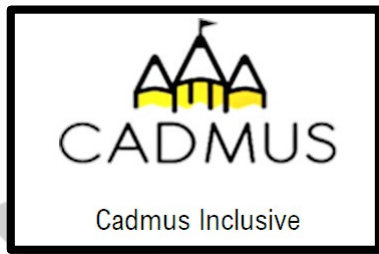
# Smell: Tips and Trick

- Provide acceptable or personal odours (perfume, aftershave, smell pots, scented candles).
- Allow the child to withdraw from smells that they find difficult.



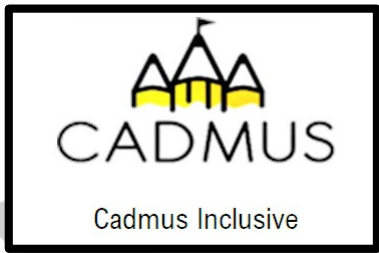
# Visual: Tips and Tricks

- Blinds/black out fabric.
- Matt surfaces and laminate wallets.
- Change backgrounds.
- Sunglasses.
- Coloured overlays.
- Limit visual stimuli – banish clutter and strip back display spaces.
- Fabric swatches with small detailed patterns
- Magnifying glasses
- Mirrors
- Torches
- Things to spin and watch e.g. cars / aeroplanes



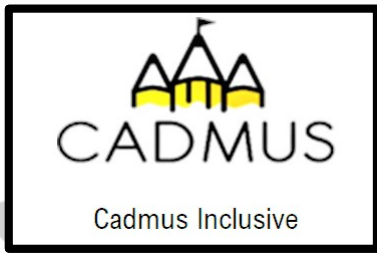
# Tactile: Tips and Tricks Sensory Avoiding

- Allow early or late exits from appointments to avoid crowds.
- Make children aware of personal space.
- Explore variations in resources.
- Touch maps for routes around hospital.
- Provide favoured tactile materials to touch.
- Velcro / busy boards
- Soft, fluffy blankets
- Low grade sandpaper
- Velvet swatches
- Smooth pebbles
- Theraputty different strengths



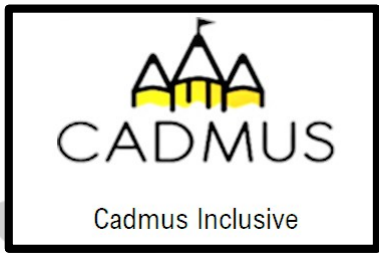
# Taste: Tips and Tricks

- Avoid insisting that meals are finished – no pressure.
- Provide choices.
- Liquidise.
- Allow ‘a lick’.
- Weaning bowls - compartments.



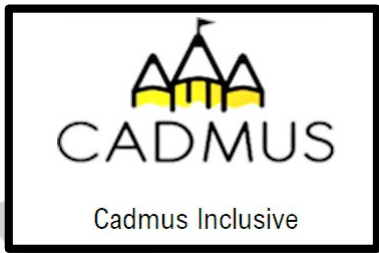
# Proprioception: Tips and Tricks

- Heavy work activities.
- Pushing and pulling games.
- Indicate boundaries with tape.
- Use of a buddy to model and lead activities.
- Break activities into small steps.
- Allow leaning.
- Stretchy band play.
- Avoid dangling feet.
- Sand bags, weighted blankets, lap pads and waistcoats.



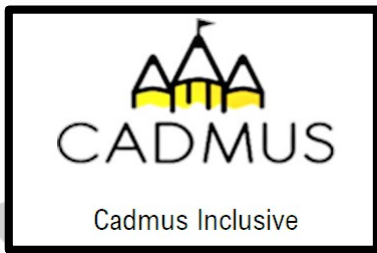
# Vestibular: Tips and Tricks sensory avoiding

- Provide reassurance in physical movements.
- Buddies to demonstrate first.
- Plan movement sequences.
- Allow resets.
- Teach self-awareness and monitoring.
- Traffic lights for speed.



# Interoception: Tips and Tricks

- Social stories – the script. If **x** you need to do **y**.
- Mindfulness activities.
- Self-regulation and monitoring

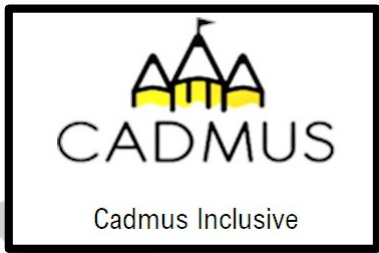


# Other Tips and Tricks

- Self massage.
- Wobble cushions.
- Planned movement based 'jobs'.
- Transition to activities.
- Star/hand breathing.
- Blowing bubbles.







# Let's make an explorer sensory bag!



# Sensory Bag Make

## How to make a sensory bag



1. Fill your plastic bag with hair gel or conditioner, leave a little space for the gel to move around when squeezed.



2. Add in small crafty bits such as pompoms, sequins or beads. Seal the bag tightly and use a strong tape to secure all the edges.



3. Bring your sensory bag with you to show the doctor you will be meeting! You can use this in your appointment to help you feel calm if you want to.

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# Thank you!



thank you



## Keep in touch!



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