



Getting around Nursery and School

My child has sensory difficulties, what can I do to help?

- Some children find ear defenders or earphones helpful in very busy noisy places
- If your child is sensitive to unexpected touch, speak to the school about them standing at the beginning or end of the line when going back into class
- Identifying a quiet area in the playground/ classroom where your child can have some quiet time may be useful
- Make school aware of any dietary issues or sensitivities, or consider a pack lunch which has familiar foods
- Thinking about where your child sits, keeping away from where everyone lines up or passes
- Consider your child's posture - are their feet supported? As this can also support with their sensory needs
- A change of position for a movement break is part of natural development - toddlers use all sorts of positions to do things. In order to stay awake / alert a change of position is a preference. Children with additional needs will also require a change of position for postural reasons