

# Sensory processing hints and tips

## General information

It will not always be possible to be able to control your child's sensory environment and adapt to their sensory needs. But trying to minimise how overwhelming these environments are will be helpful for your child. Below are some general strategies to consider for reducing sensory overload for your child

### Teach them to self-regulate:

Make sure your child has access to items that can minimise sensory sensitivities such as accessories (e.g. headphones, sunglasses) and communication strategies (e.g. verbal phrase, a picture card).

### Build resilience:

While staying away from sensory situations is an effective short-term strategy, gradually supporting your child to experience these situations (while encouraging them to use self-regulation strategies) may help reduce their distress over time. However, it is important to remember that your child may not be able to adapt to all sensory experiences/situations so sometimes avoiding these situations is appropriate.

### Prepare in advance:

Use strategies such as social stories or visual cues to prepare your child for unfamiliar situations, including the sensory experiences they should expect and how they could manage these. This may help reduce anxiety around the unpredictability of new environments.



Our sensory processing guide outlines the most common sensory processing difficulties, as well as providing an overview of sensory assessments, interventions and strategies for sensory processing difficulties. You can download the guide at <https://cerebra.org.uk/download/sensory-processing/>.

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Full information about the authors can be found in our [sensory processing guide for parents](#).

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