

Sensory processing hints and tips

Sensory seeking

Here are some strategies that may be helpful if your child is **sensory seeking**. This is when people seek out certain sensory experiences. For these people, objects or situations that provide sensory input is likely to be beneficial.

Occasionally, a child may put themselves in dangerous situations while trying to seek out sensory stimulation (e.g. turning on a hot water tap to watch water flow). Therefore, you may wish to work with an occupational therapist who can provide advice on how best to implement appropriate strategies and minimise any risk related to your child's activities. They may also be able to provide advice and guidance on some of the strategies we suggest here. You can find more detail and other strategies in our [sensory processing guide for parents](#).



Tactile seeking

Massage or deep pressure may be helpful for some children
Have lots of different textures and materials around the house (e.g. tactile bath mats)



Olfactory (smell) seeking

Ensure your child has a tissue or piece of material with a preferred scent on it.



Gustatory (taste) seeking

Add strong flavours to your child's meal.



Visual seeking

Provide your child with lots of visually stimulating toys or objects



Auditory seeking

Use headphones to let your child listen to music



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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