



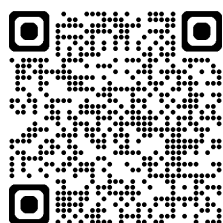
Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child with their sensory differences?

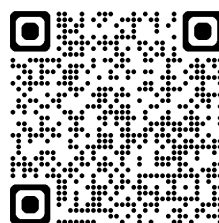
- Our **senses** help us understand the world around us and what is happening inside our bodies.
- Everyone has **different sensory preferences**. For example, some people enjoy loud noises or certain clothing textures, while others find them uncomfortable.
- These preferences only become a problem when they **make it hard** for a child to take part in everyday activities.
- Sensory preferences can **change** depending on how a child is feeling and may make them more sensitive to noise, movement, or touch.
- When children are **emotionally regulated** (calm, interested, happy), they are often better able to cope with sensory experiences.
- **Understanding** your child's sensory preferences can help you and others support them at home, school, and community.

Find out more:

Find out more!
Attend our **Parent
Sensory Seminar**.



Watch these **short
videos** from NHS
Occupational
Therapists.



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Find out more 📄

