



SEN SUPPORT STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR PARENTS & CARERS

Sensory Strategies at Home

Simple, practical adjustments across each sense, to help your child feel comfortable, regulated and settled at home.

Visual

- Monitor lighting around the home and adjust where you can, e.g. curtains or blinds to reduce glare.
- Think about where your child sits for meals or homework, e.g. away from visual distractions like a TV or window.
- Reduce clutter and visual "noise" in busy spaces like the kitchen or their bedroom.
- Make sure any charts, timetables or reminders at home are clear and meaningful, not overwhelming.
- Think about use of colour around the home, e.g. on walls, bedding or a favourite corner.

Auditory

- Be mindful of background noise at home, e.g. TV, other siblings, or household appliances.
- Keep ear defenders or headphones handy for noisy moments, e.g. hoovering or family gatherings.
- Create a quiet space your child can go to when things feel too loud.
- Give a warning before loud noises where possible, e.g. before using the hairdryer or vacuum.
- Say your child's name before giving an instruction, and keep it to one step at a time.

Tactile & Movement

- Think about where your child sits at the table, or their place in a queue when out and about.
- Approach your child from the front rather than surprising them from behind or the side.
- Consider adjustments such as leaving busy places (like shops) early to avoid crowds, adapting clothing labels and seams, and keeping fidget toys to hand.
- Build in opportunities to run, spin, rock or swing, e.g. in the garden, at the park, or on a trampoline.

Taste & Smell

- Be mindful of strong smells at home, e.g. cooking, cleaning products, or perfume/aftershave.
- Think about where your child sits at mealtimes.
- Keep a sensory snack box available, and gently redirect if they try to mouth or eat non-food items.
- Offer a favourite smell on a small piece of fabric they can carry with them.
- Make sure they have access to fresh air, e.g. open windows or time outside.



Enjoy putting these sensory strategies into practice at home — small adjustments can make a big difference.

