

Auditory Processing Differences In the Home and Community

For Young people, parents and carers

Plan and prepare

- Talk about and warn of expected loud noises where possible.
- When explaining noise to an overwhelmed child/young person, use a soft, slow voice and slow down your movements and speech when speaking to the child/young person.
- Whenever possible, consider additional planning for special events such as firework displays, birthday parties or football matches. Is there a plan and quick exit route if the child becomes stressed?
- Use the calming and regulating activities before and after predictable loud noises to support keeping the child in a 'just right' state of alertness and calm
- Prepare a bag of sensory tools that help your child and young person so its ready when needed.

Information provided by Children's Therapy Services from

Quiet Time for Outings

- Try and visit shops or other community activities at quieter times. Many shops have 'quiet hour' sessions where lighting and music is lowered to help those with over sensitivity to sensory input.
- Try and access individual or accessible toilet areas where you can have more control over hand dryers and other noises.
- Enable the child or young person to sit away from potentially distracting subtle noises such as a fan or light buzzing.

Ear defenders and other tools

- Use ear defenders or noise cancelling headphones for certain activities (being cautious not to use them all the time and being aware of safety and communication- eg. Can traffic noises be heard when crossing roads? Can the child still hear you talking?)
- Can ear muffs or head bands be used to muffle some of the sound but still allow the child/young person to hear?
- Allow your child or young person to access a quieter space? An area of the home with a tent or other calming tools or a quiet bedroom area?

Scan the QR code to watch our video support for children and young people with sensory processing differences



Information provided by Children's Therapy Services from