

Product information

Here are the details of some items Occupational Therapists might recommend you use with your child or young person.

Search online for any of the keywords and items. Always buy from a trusted provider and if appropriate speak to your pharmacist or specialist equipment provider.

If you need further support or information, speak to a healthcare professional.

Please ensure when buying any equipment, toys or products that they are safe for the child or young person to use and are used in accordance with manufacturers guidance and instructions.

Scan the QR code for videos and more resources on the Let's Make Sense Together webpage



Correct at the time of writing 21/01/2025

Information provided by Children's Therapy Services from

Strategies around chewing

Chewing aids

Sensory chews help children, teens and adults who seek oral sensory feedback and combines the best in safety and hygiene with different levels of hardness, textures and shapes.

Sensory Clothing / Base Layers

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Comfortable, tight-fitting clothing designed to provide deep pressure support.

Family Strategies for Hair Brushing

Specialist Hair Brush

Designed for detangling, teasing, and smoothing without breakage or damage

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Calming and Regulating Strategies

Resistance Bands

Resistance Bands are stretchy, wide rubber bands that provide a resistive material that is great for strengthening exercises and proprioceptive activities.

Scooter Board

An ideal tool for children with sensory and vestibular challenges to help with calming and regulation.

Peanut ball and Therapy ball

Balls are used for balance and co-ordination, strengthening, gross motor, regulation, calming and proprioceptive activities.

Wobble Cushion

Wobble Cushions are designed to offer the user a seat that can improve their posture and help with reducing the need to fidgeting or perform repetitive actions by creating "active sitting".

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Brushing Teeth

Finger Toothbrush

Soft touch toothbrushes that fit on your finger. No water or toothpaste is required. Finger toothbrushes clean the mouth and release fluoride with each use. A soft bristle toothbrush is an effortless way to care for your teeth and gums.

Unflavoured toothpaste

Look for brands of unflavoured toothpaste specially formulated for people sensitive to strong flavours.

Alternative flavoured toothpaste

Toothpaste Tablets

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Managing Auditory Processing Differences

Inner ear noise reduction ear plugs

Noise reduction ear plugs. Choose reusable and durable earplugs which not only dampen noise, but filters sound to reduce the noise level overall.

Ear defenders

Ear defenders are great for blocking out sounds or when your child gets overstimulated. They reduce the noise level overall.

Bathtime Strategies

Rinse Jugs

When washing your child's hair, these will reduce the chance of water running into the child's face and getting into their eyes. You might also want to consider inflatable basins or shower caps.

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