



HELPFUL HOME LEARNING HINTS FOR TEACHING CHILDREN WITH SENSORY PROCESSING DIFFICULTIES



Here are some simple and useful ways in which you can help your child to learn to the best of their ability whilst working at home. These tips include things that you can easily manage in the home environment to create the best space for your child to learn. If you require any further information about any of these tips, please contact your child's teacher through the weekly calls with staff or via your child's class parent email address.

- 1) Provide a distraction-free environment by turning off the television, radio or any appliances that make a noise around the home. Also remove any toys from the area in which your child is working.
- 2) Ensure that your child has a consistent place to work that is appropriate for their needs e.g. at a table facing in a corner or facing a blank wall to aid their concentration. Allow them to sit on what is most comfortable for them e.g. chair, beanbag, sensory seat, physio ball
- 3) Show your child a symbol or a visual prompt such as a Now/Next board to help them to understand what you are expecting of them e.g. work now, trampoline next.
- 4) Attempt work in short bursts, trying not to make your child stay at an activity for longer than they are able to manage. This may cause a sensory overload.
- 5) Allow time for short sensory breaks e.g. to bounce on the trampoline or go on the swing. This is an important part of how your child learns as they need time for their brains to reset and regulate before starting another task.
- 6) If your child has a sensory toy or a chewy to help with their sensory needs, ensure that this is to hand when working with your child to minimise agitation.