bestchance

# Did you know?

**Children take in information through their senses all day — what they see, hear, touch, taste and smell, as well as how their body moves and feels.**



**Understanding sensory preferences**
Children can respond differently to the same sensory experience. Learning what your child enjoys, avoids or seeks can help you understand what works for them.

**Recognising overwhelm**
Covering ears, withdrawing, becoming very active or having difficulty following instructions can sometimes be signs that a child is overwhelmed.

**Creating comfortable environments**
Small changes — such as reducing noise, allowing more space or providing a quieter place — can make activities easier to manage.

**Supporting everyday routines**
Predictable routines and preparing children for changes can help everyday transitions feel more manageable.

**Helping children regulate**
Movement, quiet time and sensory activities can help some children get their bodies ready for play, learning and everyday activities.

**Family strategies**
Notice what helps your child feel calm, comfortable and engaged. These clues can help you find strategies that work for your family.

## Concerned about your child's development?

**Talk to our children's therapy experts today!**

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**Officer | Truganina | Notting Hill**

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