bestchance

Ask Our Clinicians

Each month our team of allied health clinicians answer common questions from families.



My child covers their ears around loud noises. What can I do?

Acknowledge that the sound is uncomfortable and, where possible, give them some distance or a quieter option. Preparing them before expected loud sounds can also help.

Why does my child always seem to be moving?

Some children enjoy or seek lots of movement. Providing regular opportunities to run, jump, climb and play may help them feel organised and ready for quieter activities.

My child dislikes certain clothes, foods or messy play. Should I make them participate?

Avoid turning sensory experiences into a battle. Offer opportunities without pressure and allow your child time to explore new experiences at a pace that feels manageable.

How can I help when my child becomes overwhelmed?

SReduce demands and stimulation, stay calm and give your child time and space. Once they are settled, you can think together about what might make the situation easier next time.

When might extra support be useful?

If sensory experiences are regularly making everyday activities, learning, play or participation difficult, our Children's Therapy Services team can work with your family to explore practical strategies.

Concerned about your child's development?

Talk to our children's therapy experts today!

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