

Understanding sensory support for your child



Let's explore the sensory needs of our children and possible strategies that can help with sensory regulation

Children with sensory processing challenges react differently to sight, sound, taste, smell, and touch. Their behaviour, social interactions, and development can be significantly influenced by their surroundings, whether at home, school or in the community.

For example, a child who is undersensitive may seek out constant movement and enjoy physical contact, like hugging. However, sitting still and focusing might be difficult for them. On the other hand, a child who is oversensitive may struggle in busy, brightly lit environments and want to avoid loud noises or crowded places.

This workshop will help you gain insights into your child's unique sensory needs and provide practical strategies for sensory regulation, empowering you to support their well-being more effectively.

Join us to explore:

- The differences between sensory seekers and avoiders
- How to identify challenging behaviors caused by unmet sensory needs
- Practical tips for creating a sensory-friendly environment
- Effective strategies for managing transitions and helping your child regulate their emotions

Cost

Free

Date and time

Thursday 12 November
7pm to 9pm* AEDT/NSW time

[*Please adjust for your time zone if necessary.](#)

Location

Online via Zoom

This session is for

Parents, primary carers and family members of children with disability, delay or developmental concerns aged 0-8 years

More information

For more information see the event page or feel free to email mana@plumtree.org.au

The 'Let's talk about...' sessions are designed by families for families to discuss various topics and learn together. They are facilitated by trained parent-peer workers raising a child with developmental delay or disability.

Register your interest

plumtree.org.au/event/understanding-sensory-support-for-your-child

