

Making sense of your child's senses

Why are senses so important?

Senses include sight, sound, taste, touch, smell, body awareness and movement.

We are always sorting through and responding to information from our senses.

Everything we do is connected to our senses.

Signs of sensory sensitivities

Sensory sensitivities can include:

- Touching, smelling, licking textures, closely watching moving objects, difficulty sitting still.
- Upset when touched, easily distracted by noise/light, picky with food textures and smells.
- 'Tuning out', low response to sound/touch, poor sense of pain.



How can I help my child?

You should seek support if sensory sensitivities are impacting your child's every day routines or their engagement in learning.

Early referral to an Occupational Therapist is recommended to help with your child's future development.

Where can I get more information or support?

If you have any concerns about sensory sensitivities you can speak with your:

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Community Health Centre



Important points to remember

- **You know your child best. If you think something is wrong, seek support**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter. [South Western Sydney Primary Health Network \(swsphn.com.au\)](https://www.swsphn.com.au)