

Top Tips

Sensitivity to Sound

For parents, young people & teachers

- ✓ Try ear defenders for children struggling with noise – only use for short periods of time
- ✓ For older children try wireless headphones with or without music to cancel out difficult sounds
- ✓ Be aware that it is not just loud sounds that can be challenging – think about white noise from electronic devices and also noise made by others
- ✓ Use a fiddle toy as a distraction technique
- ✓ Always explain to the child/young person what the noise is – this can decrease anxiety
- ✓ Be aware that children may struggle to listen to stories or follow instructions if there are other noises within the classroom
- ✓ Provide the child with a 'calm area' where sound is reduced and also visual stimuli
- ✓ Warn the child if you know a noise will be made that they could find challenging (this will enable them to be prepared)

