

# Top Tips

## Sensitivity to Touch and Clothing

For parents, young people & teachers

- ✓ Remove labels and avoid motif patterns if these can be difficult to tolerate
- ✓ Try seam free clothing (available online and in some Marks and Spencer stores)
- ✓ Allow the child to have 'safe clothing' e.g. clothes they know are comfortable to wear when others feel challenging
- ✓ Be aware that if a child or young person is distracted by clothing or texture then their concentration levels will be affected
- ✓ Allow time with messy play (as the child will tolerate) but always have a cloth or facilities available for the child to be clean whenever they wish
- ✓ Have a textures book or board
- ✓ Be aware that touch can be calming and a child may benefit from something to fiddle with or stroke
- ✓ Children with sensitivity to touch may find lining up or sitting on the carpet challenging – try to allow them to be at the start or the end of the line and on the outskirts of the mat at carpet time (perhaps with their own marked area or using a cushion)

