



**Adoption**  
East Midlands

DERBY NOTTINGHAM DERBYSHIRE NOTTINGHAMSHIRE



**VIRTUAL OCCUPATIONAL THERAPY CONSULTATION:  
CHILDREN'S SENSORY THERAPY**



# What do we mean by sensory processing difficulties?

Sensory processing difficulties can be linked to exposure to early childhood trauma; or 'adverse childhood experiences'. Because of the strong relationship between integration of the senses and attachment, it makes sense to look at children with sensory issues through an attachment perspective.

There are eight senses, these are:

**Interoception**  
(internal bodily sense)

*"Sometimes I feel worried and scared but don't know why"*

**Proprioception**  
(body awareness)

*"I don't always notice I've hurt myself, until someone tells me"*

**Vestibular**  
(movement/balance)

*"I like how it feels to run and use my body"*

**Touch (tactile)**

*"Having my hair washed makes me stressed"*

**Taste**  
(gustatory)

*"I like chewing my clothes and toys"*

**Smell**  
(olfactory)

*"I like to smell and lick people"*

**Vision**

*"I notice everything going on around me, all the time"*

**Hearing**

*"Loud noises frighten me"*



## What can I expect to gain from a consultation?



The session will be an hour-long virtual session, which will take place on a Tuesday. Parents and social workers, and any other relevant professional, such as a teachers, can be involved.

It's an opportunity to understand more about why your child/young person may have sensory needs. It's also an opportunity to think about how to approach your child's sensory needs using everyday items and tools from within the home and everyday activities.

We can also discuss concerns around dysregulation and how this is impacting you and your child/young person. We will also discuss concerns about any dysregulation in school, as well as practical advice and support in relation to your child's sensory needs, that you will be able to try and at home or communicate with your school.

## How long is the session & what is involved?

## What happens during the session

We will ask you to complete an expression of interest form so that you can tell us about why you want to access a consultation. This is also an opportunity to tell us about who else is working with you in relation to your child's needs and whether you would like them to attend with you.

The Occupational Therapist will spend time listening to what you have to say with the aim of opening up some new thoughts, understanding and ideas about how to approach the difficulties.

We will also ask you to provide us with some feedback about your session. This is to help us evaluate and measure the effectiveness of the intervention and ensure that you have something positive to take away with you.