
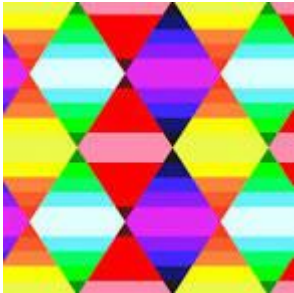



**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND  
PHYSIOTHERAPY SERVICES**

**Oversensitive to Visual Information**

<b>DIFFICULTY</b>	<b>IDEAS TO TRY</b>
<p>Very sensitive to bright light</p> 	<ul style="list-style-type: none"> <li>• Use sunglasses, sun hats or baseball style caps on bright days even in winter. Use dark brown or grey lenses, other colours tend not to be strong enough, but check with your child.</li> <li>• Protect them from sunlight through the car windows</li> <li>• Beware of bright shafts of sunlight coming in through windows, which may cause distress, draw curtains or blinds or move the child.</li> <li>• Beware of light reflecting from white boards or mirrors</li> <li>• Don't stand with a source of bright light behind you to talk to your child, they will not be able to concentrate on what is being said.</li> </ul>
<p>Don't like flashing or multi coloured disco style lighting</p> 	<ul style="list-style-type: none"> <li>• Avoid this type of lighting if possible, it can quickly over stimulate</li> <li>• But if a child needs to tolerate it teach them to cup their hands and cover their eyes, they can have their eyes open or shut behind the palms but this can allow the eyes to rest.</li> <li>• Also try to take the child away from the situation to a calmer place at regular intervals and if possible use deep pressure techniques such as pulling on Theraband, squeezing a stress ball, having a firm hug.</li> <li>• Give drinks through a straw or sports bottle, use chewing gum</li> </ul>

	<p>or bubble gum use more than one piece to give deep pressure through the mouth.</p> <ul style="list-style-type: none"> <li>• Wear a plain top or jumper yourself and if your child is becoming anxious get them to a quieter area and get them to look at your top.</li> </ul>
<p>Does not cope in busy environments such as when there is lots of movement, such PE or shopping centres.</p> 	<ul style="list-style-type: none"> <li>• Use deep pressure / heavy muscle work such as carrying a rucksack weighted to about 10% of their body weight. Milk containers full of water or sand can for used for this or books.</li> <li>• Wear a plain top or jumper yourself and if your child is becoming anxious get them to a quieter area and get them to focus on at your top.</li> <li>• Teach them to cup their hands and cover their eyes, they can have their eyes open or shut behind the palms but this can allow the eyes to rest.</li> <li>• Try to give regular breaks in quieter areas or outside.</li> <li>• Carry Theraband for pulling and/or stress ball for squeezing</li> <li>• In PE include weight bearing activities such as the plank, slow press ups, push or pulling, or helping to carry kit at the beginning and end of sessions.</li> <li>• In the supermarket allow the child to push the trolley.</li> </ul>
<p>Struggles to find things in a cluttered room or important information on a cluttered back ground.</p> <p>Sometimes if there is a lot of background visual information such as pictures or other clothes. Some people become overloaded and can not find what they need whether it is an item or information, which can lead to frustration and stress</p>	<ul style="list-style-type: none"> <li>• Keep things tidy and as clutter free as possible.</li> <li>• Use drawer dividers and baskets on shelves to keep things separate</li> <li>• Have a laundry basket in your child's room and teach them to use it, give lots of praise to encourage good habits.</li> <li>• Use discreet labelling such as inside drawers and wardrobe doors to help them remember where things should be.</li> </ul>

	<ul style="list-style-type: none"> <li>• Limit the number of posters and pictures on the walls</li> <li>• Keep colour schemes plain and calming</li> <li>• Do not add bright colours and patterns unless you have discussed it with your child, as some people with sensory processing difficulties find these difficult to cope with.</li> </ul>
	<ul style="list-style-type: none"> <li>• Present information clearly without too much decoration.</li> <li>• Be aware in classrooms of having displays and book shelves near the white board, lots of different coloured books or pictures in the line of vision can be very distracting.</li> <li>• Avoid having displays hanging from ceilings in the classroom or in the child's normal visual field when listening to the teacher or working.</li> </ul>
	<ul style="list-style-type: none"> <li>• Use dark tents or a big black umbrella to create a quiet corner.</li> </ul>

**NAME:**

**DATE:**

<b>Ideas to try</b>	<b>Outcome</b>
1.	
2.	
3.	
4.	
5.	