




**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND  
 PHYSIOTHERAPY SERVICES**

**Smell**

<b>DIFFICULTY</b>	<b>IDEAS TO TRY</b>
<p>Seeks to smell strong smells</p>  	<ul style="list-style-type: none"> <li>• Try having a selection of strong smells such as vinegar, mint, tomato ketchup in small containers for your child to smell regularly, some people report this has reduced their child's need to seek out strong smells.</li> <li>• Grow herbs such as mint and rosemary in your garden and plants such as lavender which can be rubbed to release the smell. Check with your garden centre before buying strong scented plants as some can be harmful.</li> <li>• Use small zip lock bags to carry scented things with you.</li> <li>• If there is a particular smell your child likes such as your perfume, shampoo or aftershave put some on a small piece of cloth, a tissue or cotton wool and carry it with you.</li> </ul>
<p>There is a particular smell my child hates</p>	<ul style="list-style-type: none"> <li>• Try to avoid this smell if possible</li> <li>• Try giving your child a smell they do like to mask the smell they don't like.</li> </ul>
<p>My child sniffs everything</p>	<ul style="list-style-type: none"> <li>• Try having a selection of strong smells such as vinegar, mint, tomato ketchup in small containers for your child to smell regularly. It may be their sense of smell is poor so they seek a lot of this type of stimulation.</li> </ul>

<p>If a smell(s) is bothering your child</p> 	<ul style="list-style-type: none"> <li>• Use the ideas above</li> <li>• Try using deep pressure calming techniques such as getting your child to place both hands on their own head and press down, ensure they keep their neck straight.</li> <li>• Get them to carry a ruck sack weighted with books or milk containers full of sand or water to 10 % of your child's body weight.</li> <li>• Get them to sit on a chair and press down on both sides of the seat with their hands and try to lift their bottom off the chair; this can help to calm the senses.</li> <li>• Be aware of your own smell/use of perfume and body lotions, hair product and make up.</li> <li>• Consider the smell of washing powders and fabric conditioners.</li> </ul>
<p><b>Smell as a sensory tool</b></p> <p><b>NB do not use essential oils unless you are trained as an aroma therapist as some are toxic or have unpleasant side effects.</b></p> <p><b>There are lots of commercially available products which can be used safely.</b></p> <p>Try things and keep a note of what your child finds calming and what they find alerting, so you can help them to learn self regulation skills.</p> <p>If they don't like it don't use it.</p>	<ul style="list-style-type: none"> <li>• Smell goes directly to the emotional centre, so its effect can be fast, if your child is stressed</li> <li>• It can be alerting and make you feel more awake</li> <li>• Or calming and soothing</li> <li>• It is a sense which can quickly become overloaded so if trying smells only do about 3 at a time.</li> <li>• Fruit and flavoured tea bags such as camomile are easy and safe to carry with you, for sniffing or drinking.</li> <li>• Hand creams, room scents and toiletries picked wisely can all help to keep your child feeling calmer and able to cope with the day.</li> <li>• Many fabric conditioners have a long lasting smell which used on your child's clothing can be used to smell and mask disliked smells.</li> </ul>

	<ul style="list-style-type: none"> <li>• Aroma Dough is available from several companies and can be bought from Amazon, <a href="http://www.spacekraft.co.uk">www.spacekraft.co.uk</a>, <a href="http://www.revital.co.uk">www.revital.co.uk</a> <a href="http://www.eoco.org.uk">www.eoco.org.uk</a></li> <li>• Scratch and sniff stickers are another way to safely have a smell your child likes with you. Lots are available through the Internet.</li> </ul>
<p>Alerting Smells</p> <ul style="list-style-type: none"> <li>• Tea tree</li> <li>• Mint</li> <li>• Ginger</li> <li>• Lime</li> <li>• Lemon</li> <li>• Orange</li> </ul>	<p>Calming Smells</p> <ul style="list-style-type: none"> <li>• Lavender</li> <li>• Camomile</li> <li>• Vanilla</li> <li>• Jasmine</li> <li>• Chocolate</li> <li>• Sweet orange</li> <li>• Sandalwood</li> </ul> <p>Are just a few suggestions</p>

**NAME:**

**DATE:**

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