






**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND
 PHYSIOTHERAPY SERVICES**

Oversensitive to Sound

DIFFICULTY	IDEAS TO TRY
<p>Child becomes anxious, distressed, covers ears, distracted or withdraws from noisy environments.</p> 	<ul style="list-style-type: none"> • Use rugs, carpets and soft furnishings such as cushions, and curtains to reduce noise • Remove things like clocks that tick and oil doors that squeak • Think about the whole area and sounds that you may have accommodated to, such as an extractor fan next door. • Use defenders or ear plugs but only during periods when it is particularly noisy. If using these be aware of danger particularly if used in an outdoor environment as the child may not hear things like traffic. • Allow the child to wear headphones and listen to music they like or calms them. • Use deep pressure / heavy muscle work such as carrying a rucksack weighted to about 10% of their body weight. Milk containers full of water can for used for this or books. • Use push and pull activities such as theraband to pull, or pressing down on the seat of the chair and try to lift their bottom off the chair to help them feel calmer. • Use a weight toy or lap pad.

<p>In school as above and :</p> 	<ul style="list-style-type: none"> • Allow the child to sit at the front of the class so they can hear better and less likely to be affected by other noise, but away from the windows and doors where sounds from outside may distract them. • Allow the child to enter the room first so that the noise gradually builds up and leave early so that they can get to the next place before the crowd. • Have a quiet area or workstation where they can work if needed • Allow time out of noisy and/or busy lessons. • Have a piece Theraband for the child to pull against, or get them to push against a wall for at least a minute to help them calm. • Allow them to work with headphones in, with their own music if they doing written work or reading.
<p>Finds sudden loud noises such as fire alarms or bells distressing.</p> 	<ul style="list-style-type: none"> • Warn the child before the noise starts if possible. Let them know there will be a fire practice, there are work men outside who may start drilling so they are prepared for the sound and not so startled. • Have ear defenders ready if needed • Offer reassurance and help them get out of the building if required. • If the child runs away at fire alarms or loud noises agree a safe place to go.
<p>Child doesn't like and is distressed by low frequency sounds such as hand dryers, vacuum cleaners, fridge and freezer compressors.</p>	<ul style="list-style-type: none"> • If possible remove sources of low frequency sounds such as have the freezer in the garage rather than the kitchen if possible. • Try not to vacuum in the same room as the child, use a brush or hand sweeper for small things close to the child.

	<ul style="list-style-type: none"> • Carry tissues and hand gel to prevent the need to use a hand dryer. • Use Disabled People Toilets when out as you can control the space and won't have the hand drier switch on by someone else. • Use deep pressure such as a stress ball to squeeze or Theraband to pull before after being these situations.
<p>Child becomes distressed in noisy open or public places.</p> 	<ul style="list-style-type: none"> • Use weighted toys or a rucksack weighted to 10% of the child's weight, if shopping allow them to help carry things. • Reassure them and try not to stay too long. • Try to take breaks in quieter areas or outside, regularly • Use drinks through a straw or sports bottle, use chewing gum or bubble gum more than one piece at a time to provide deep pressure through the mouth and jaw. • Allow them to listen to their own music through headphones but be aware of traffic danger.
<p>Therapeutic listening techniques can be helpful for auditory defensiveness. This is available through independent therapists, refer to the College of Occupational Therapists website to find independent therapists who may offer this in the area – www.cot.co.uk</p>	

NAME:

DATE:

Ideas to try	Outcome
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5.	