

Does your child have sensory processing differences that are impacting on their occupations - things they want to or need to do each day?

## 1 Free Sensory Training

Our NHS Tayside Occupational Therapy training will help you understand your child's sensory needs. There are a variety of ways you can access our sensory training including via MS teams, In person or watching the recorded version on our YouTube channel.

**Our Website - [www.otcyp.scot.nhs.uk](http://www.otcyp.scot.nhs.uk)** For links to all our sensory training options.

**Our YouTube Channel -**

**<https://www.youtube.com/@nhstaysidecypoccupationalt8830/videos>** Here you will also find short individual senses videos, and Fussy Eaters Training which you may find helpful. You can also access these resources via the QR code.



## 2 Self Help Tools



For a range of useful resources and strategies please visit the sensory section of **our website [www.OTCYP.scot.nhs.uk](http://www.OTCYP.scot.nhs.uk)**

This includes our sensory checklist and problem solving tool, to help you work out which senses are affected when your child is participating in a specific occupation.

You could also visit **KIDS Scotland - <https://www.nhsggc.org.uk/kids/>** for more information about sensory processing differences and an interactive sensory questionnaire which will self-generate strategies to try at home based upon your answers

## 3 Consultation

If you have completed the Parent Sensory Training and you have tried strategies from the self help tools but you are still concerned or looking for more specific advice, you can contact us to arrange a sensory consultation with an Occupational Therapist.

This is typically a one-off telephone call to work through your concerns and help problem solve some solutions. You can book a consultation appointment through your local OT department

**Perth - 01738 473250      Dundee - 01382 835141      Angus - 01307 475082**



The evidence shows that the best way to support children with sensory processing differences is for those around the child to have a good understanding of why these difficulties occur and what they can put in place to support the child.

### We can...

-  Provide training to parents and schools on sensory differences and the impact this can have
-  Offer consultation and advice to parents and schools
-  Advise schools on how to set up appropriate class environments

### We don't...

-  Carry out 1:1 sensory assessments or intervention
-  Create sensory diets / profiles for children