

Understanding sensory support for your child



Let's explore the sensory needs of our children and possible strategies that can help with sensory regulation

Children with sensory sensitivities may have their behavior, social interactions, and development significantly influenced by their surroundings, whether at home, school, or in the community.

For example, a child who is undersensitive might actively seek out constant movement and enjoy physical contact, such as hugging. As a result, sitting still and focusing could be challenging for them. Conversely, a child who is oversensitive may find busy, brightly lit environments overwhelming and may prefer to avoid loud noises or crowded places.

This workshop will help you gain insights into your child's unique sensory needs and provide practical strategies for sensory regulation, empowering you to support their well-being more effectively.

Come along to discuss and explore:

- The differences between sensory seekers and avoiders
- How to recognise behaviours that reflect unmet sensory needs
- Practical tips for creating a sensory-friendly environment
- Effective strategies for managing transitions and helping your child regulate their emotions

Secure your spot now

Cost

Free

Date and time

Monday 2 June

7.30pm to 9.30pm EAST/NSW time

[Please adjust for your time zone if necessary.](#)

Location

Online via Zoom

This session is for

Parents, primary carers and family members of children aged 0-8 year

More information

For more information see the event page or feel free to email Mana (Parent Learning Manager) mana@plumtree.org.au

The 'Let's talk about...' sessions are designed by families for families to discuss various topics and learn together. The sessions are facilitated by trained parent-peer workers raising a child with developmental delay or disability. Guest speakers might also be invited.

