

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.

Join us to 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



Cost

Free

Date and time

Tuesday 19 May 2026;

7.30pm to 9.30pm AEST

Please adjust for your time zone if needed.

This program is for

Parents, carers, and family members of children aged 0-8 years.

Location

Online via Zoom

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. They are facilitated by trained parent-peer workers raising a child with developmental delay or disability.

Secure your spot now



Plumtree Children's Services
Yabsley Avenue, Jarvie Park
Marrickville NSW 2204
Phone: 02 9572 8840

Email: info@plumtree.org.au
www.plumtree.org.au
ABN 62 664 994 050
CFN 11220

