Understanding your child's sensory needs: Three practical sessions for parents & carers

Whittington Health NHS Trust

Discover simple ways to support your child's sensory needs at home. Learn practical strategies, try them between sessions and share how things have gone. **First Session led by Sarah Brown**

Session 1 – Understanding Sensory Needs - Friday 6th November

Training with Sarah Brown. Explore the eight senses, recognise signs your child may feel overwhelmed and learn ways to help at home.

Session 2 Sensory Circuits and resource pack - Friday 27th November

Explore sensory circuits: a short sequence of movement activities. Take away a resource pack with practical ideas to try at home..

Session 3 – Bringing it all together - Friday 18th December

Share what you have tried, discuss what worked and explore any challenges. Bring the ideas together to support your child at home.



Come along to all three sessions to build your understanding and try ideas between sessions.

All sessions: 9.15–10.15am

Please let Cathy in the office know you plan to come.

