

# Under-Sensitivity

These children crave interaction with the world around them; they may interact and engage more with their surroundings to gain sensory feedback. They may 'need' this feedback so that they can feel 'just right'. Alternatively, these children may lose focus and appear inattentive because they are not receiving enough input to sustain their involvement and engagement in activities and their environment.

## Children with under-sensitivity or hyposensitivity may:

- Appear to have no fear or do not feel pain
- Seeks movement or touch opportunities (fidgets, rocks, jumps, leans on peers, runs around)
- Mouths or chews things
- Poor attention / unresponsive to the environment or people around them
- Distractible / over-excited
- Lack of energy

## This could be displayed through behaviours such as:

- A high pain threshold
- Bumping into walls
- Touching things
- Putting things into their mouth
- Giving bear hugs
- Crashing into other people or things.

## Strategies / Interventions.

- Offer blankets, stretchy fabric and 'body socks' for children to wrap themselves in. These will give proprioceptive experiences for relaxing as well as being used for vigorous activity.
- When considering resources for imaginative play think about items that can also be used for sensory stimulation too, for example, voile scarves, textured rugs, soft blankets, a variety of different sized cushions.
- Considered resources such as spinning or rocking chairs or gym balls.
- Support children to explore toys through touching with their hands rather than their mouths.



**Links to EYFS.** Communication and Language, Physical Development, and Personal, social, and emotional development.

**SEND Code of Practice** – Social, emotional, and mental health and Physical and sensory.

## Parental Section: Using strategies at home.

- Offer body socks and weighted blankets to help your child seek out pressure feelings.
- If your child mouths a non-food item, offer them a safe alternative, such as a teether or 'Chewelry'. Chewelry are resistant chewy aids which can help children who may need added stimulation and proprioceptive input.