

Sensory Strategies: Grooming Children's Therapy Services



Grooming

We spend a large portion of our day brushing our hair and teeth and washing our bodies. Our presentation to others is more inviting if we are clean and well-groomed.

Whenever possible, let your child do the task independently. It contributes to self-esteem, and it is easier for the nervous system to process self-imposed touch than touch by another person. If one person is successful in assisting your child with grooming, pay attention to how she does it, what kind of touch she uses, what she says, how close to the child she stands, etc. Others can imitate that style and grooming can be more successful.

General Strategies for Self Care Skills

- Use visual aids to increase your child's understanding of the task (e.g. picture symbols, schedules, sequence strips).
- Use communication supports (e.g. social stories, picture symbols).
- Build in consistency and predictability to decrease stress.



- Have an organised environment; put things back in place so your child will be more independent in finding them.
- Use calming strategies that are specific to your child.
- Remember that pressure touch has a more organizing effect than light touch.
- Minimise sensory input whenever possible

Ideas for Self Help Skills – for children with Sensory Issues

Adapted from 'Building Bridges through Sensory Integration' by Ellen Youch, Paula Aquilla & Shirley Suttan

For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.