

# Supporting Sensory Needs at Home: A Guide for Parents and Carers

Resources and tools to support parents and carers when addressing any sensory challenges or differences faced by their children at home



## NHS Royal Wolverhampton Trust Occupational Therapy

This collection of YouTube training videos, created by the Wolverhampton Paediatric Occupational Therapy Service, offers guidance on addressing children's sensory processing difficulties. It covers universal, targeted, and specialist strategies, as well as introducing and providing links to essential resources like the 'Sensory Issues Activity Pack'.

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### An Introduction to sensory processing difficulties:

[https://www.youtube.com/watch?v=G8mdqorWDrU&list=PLasvznqPlv27Xh71Qmcv\\_LmCPGQIEffCo&index=4](https://www.youtube.com/watch?v=G8mdqorWDrU&list=PLasvznqPlv27Xh71Qmcv_LmCPGQIEffCo&index=4)

### Sensory Issues Activity Pack Video:

[https://www.youtube.com/watch?v=lu9eaL3wFSg&list=PLasvznqPlv27Xh71Qmcv\\_LmCPGQIEffCo&index=4](https://www.youtube.com/watch?v=lu9eaL3wFSg&list=PLasvznqPlv27Xh71Qmcv_LmCPGQIEffCo&index=4)

### Sensory Issues Activity Pack:

[https://www.royalwolverhampton.nhs.uk/wp-content/uploads/2025/07/Sensory\\_Issues\\_Activity\\_Pack.pdf](https://www.royalwolverhampton.nhs.uk/wp-content/uploads/2025/07/Sensory_Issues_Activity_Pack.pdf)



## Wolverhampton Special Needs Early Years Service: 'Resources to Support at Home':

The SNEYS 'Resources to Support at Home' webpage offers an array of enjoyable activities and resources tailored for families, featuring an entire section devoted to Sensory Activities.

<https://www.wolverhampton.gov.uk/education-and-schools/special-needs-early-years-service/supporting-your-child-home>



## Wolverhampton Early Identification and Support Services YouTube Channel:

Parents can access videos featuring Special Needs Early Years Service practitioners showcasing sensory play activities, narrating sensory stories, and introducing 'taste-safe' resources.

[https://www.youtube.com/@WolverhamptonSEND\\_EISS/videos](https://www.youtube.com/@WolverhamptonSEND_EISS/videos)



## Making Sense of Our Own Sensory Behaviours: Sensory Approach for Parents and Carers

This Falkirk guide for parents and carers is designed to help explore and understand our own potential sensory preferences and sensitivities in daily life.

<https://www.nhs.uk/guidance/pdf/full/255431/making-sense-of-your-sensory-behaviour.pdf>



### **Making Sense of Children's Sensory Behaviour 'A Practical Approach at Home for Parents and Carers':**

This Falkirk guide for parents and carers explains a variety of sensory seeking and avoidant responses, including different practical strategies and approaches that can be used at home to support children's regulation and participation in daily activities.

[https://www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour\\_falkirk-booklet.pdf](https://www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour_falkirk-booklet.pdf)



### **Paediatric Occupational Therapy: 'Joining in with Sensory Differences':**

Parents and carers can access a wealth of valuable videos, resources, and toolkits through the Paediatric Occupational Therapy website, helping them expand their knowledge and understanding of sensory sensitivities and behaviours.

<https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>



### **Family Hub 'Early Years - Sensory Processing Needs':**

Discover practical advice, resources and strategy ideas on the Family Hub Torbay website, designed to help families nurture and empower children with sensory needs.

<https://torbayfamilyhub.org.uk/topic-category/early-years-physical-and-or-sensory-sensory-processing-needs/>



### **NHS Humber Teaching 'Sensory Processing at Home':**

A valuable online resource for parents/carers to deepen their understanding of sensory processing, providing detailed explanations of each sensory system alongside practical strategies and tools to help support their children effectively. Key areas of focus include, sleep, play, self-care eating and emotion regulation.

<https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/sensory-processing-at-home/>



If you would like further information or support, then please contact the **Educational Psychology Service** on 01902550609

or email [inclusionsupportadmin@wolverhampton.gov.uk](mailto:inclusionsupportadmin@wolverhampton.gov.uk),

visit the **SEND Early Identification and Support Services** website:

<https://www.wolverhampton.gov.uk/education-and-schools/send-early-identification-support-services>.

