

AUDITORY ACTIVITY IDEAS

Strategies to reduce sensitivity to sound or help with auditory distractions:

- Offer noise reducing headphones or earplugs:
 - For school, use for assemblies, gym, cafeteria.
 - In the community use at shopping centres, cinema's, restaurants, birthday parties, etc.
- Out and about try I-pods with music.
- Play a relaxation cd or a cd of nature sounds, "white" noise or soothing music or nature sounds e.g. rain, water, sea etc.
- Prepare child for noisy situations ahead of time. Often times, knowing when something is going to happen (e.g., fire drill) helps the child to mentally get ready for it.
- Focus the child on singing with you a soothing song while entering the environment
- Squeezing stress balls can help distract and provide proprioceptive input.
- Chewing hard on a chewy tube can help reduce sensitivity or blowing long sustained blows on a windmill.
- Use quiet rooms or area for work, work stations with screen to reduce distractions.
- Work away from windows and close doors to keep out external noises.

Community Paediatric Occupational Therapy

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