

Supporting Positive Behaviour – Sensory Needs and the Environment

The environment a child is in can have significant impact on their presentation and behaviour. In order to support behaviour, we should consider the impact of the environment on a child's senses.

Environmental factors which may seem insignificant to some, may be overwhelming to others.

Factors to consider linked to senses...



Visual

Are lights too bright or LED Lights?

Are lights flickering through blinds or curtains?

Consider if areas are too cluttered with toys, ornaments, or other items.

Is lighting adequate enough or too dark?

Taste & Smell

Is there a strong-smelling air freshener in use?

Is someone wearing a strong-smelling perfume or deodorant?

Can cleaning products be smelt throughout the house?

Are strong-smelling foods being cooked in the kitchen area? Can they be smelt throughout the house?

Sound

Is there music playing?

Is the TV constantly on in the background?

Is there noise from nearby vehicles/construction sites?

Is there an extractor fan on in the bathroom?

Do they have a quiet space they can go to relax?

Touch & Feel

Is the room too hot or cold?

Is the child's clothing uncomfortable?

Is somebody sitting too close to them?

Movement

Is there space to run around?

Is there an appropriate safe space to climb?

It may be beneficial to complete a sensory profile assessment for your child based on their behaviour at home.

A useful tool to complete this can be found using this web link- <https://sensory.semh.co.uk/>

The website offers a number of strategies and ideas that can be easily implemented to support a child's sensory needs.

Useful Resources in the Home:



[Bilbo](#)



[Tactile Steppingstones](#)



[Ear Defenders](#)



[Pop-Up Sensory Tent](#)



[Gonge Spinning Top](#)

Take a look at our other support leaflets such as:

- Safe Spaces in the Home
- Supporting Sleep