



A Sensory Life

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Auditory Input and Strategies to Help

Auditory defensiveness/sensitivity is a VERY common area in which sensory kids are affected. Although auditory processing disorder (APD) is a diagnosis in itself, this is indeed a form of sensory processing disorder. Here are some sensory strategies and tools to use to help both auditory defensiveness and auditory processing disorder.

- ✓ Place the child's desk in the back row, to the far left or right, in order to decrease irrelevant auditory input which may be hard for the child to filter out. Refrain from placing the child's desk in the front row...this will just create even more auditory input coming from those seated behind them, therefore creating more difficulty for the auditory system.
- ✓ If the child appears very sensitive to sound, offer noise cancelling headphones or putty earplugs to be used throughout the day. An MP3 player or iPod playing instrumental music is also a great choice during quiet work time.
- ✓ Encourage the use of the MP3 player, earplugs or headphones during lunch in the cafeteria, music class, and also during indoor gym activities and even at recess.
- ✓ Be aware of background noise in the classroom, sensory kids can often hear the buzzing of the lights and the sound of a heater or something else electrical can be very disruptive and irritating to their nervous system. Ask the child if there is a specific sound that is bothering them.
- ✓ If possible, have the auditory sensitive child/children leave the building prior to a scheduled fire drill. If that is not possible, then be sure headphones or earplugs are in use.

For Further Information Visit: ASensoryLife.com

