

Helping your children cope with the environment

Let's yarn about coping with the environment

Does your child:

- cover their ears to block out loud sounds?
- block their nose to avoid strong smells?
- need to move around constantly
- touch things, fidget and find it hard to sit still?
- refuse to eat certain foods?

If your child behaves like this, you could try:

- using ear plugs or headphones when loud sounds are expected
- preparing your child in advance
- offering new foods in a way that interests your child
- using movement breaks like skipping, rolling or bouncing several times a day
- changing the environment around them at home to reduce stress

If you answered yes, this may mean your child:

- is finding it difficult to cope with certain sounds
- is finding it difficult to cope with strong smells
- is distressed at times by the environment
- might only eat certain food
- can't sit still for long

Important:

If you are concerned about your child's development, see your doctor or go to a child health centre.

**DON'T 'wait and see'
- ACT NOW**