

SENSE OF SMELL AND TASTE (5-12 Years)

Question 2: Does your child show distress at smells that other people may not notice?



Strategies and Suggestions

If you are a teacher completing this questionnaire please be aware that some pupils in your class may be sensitive to certain smells, so consider not wearing perfume to work, or using any air fresheners in the classroom. Being 'stuck' in a room for 6 hours every day with a smell they find noxious can be very difficult for a child to cope with.

Avoid preparing strong smelling foods whilst your child is in the house. Try to keep the kitchen door closed and a window open when you are cooking.

Try to limit exposure to smells, help your child to be aware of strategies to help him/her avoid smells he/she find unpleasant.



If a child has an aversion to certain smells it may be helpful for them to carry around a pleasant smell (e.g. a few drops of essential oil) in a flannel or on a tissue to use when being exposed to smell they dislike.

Introduce smells in a fun and relaxed environment, possibly at the weekend or at bath-time. Try making 'smelly' play dough, massage with smelly lotions, or play with 'scratch and sniff' stickers. Work at your child's pace and allow them to leave if they find it too overpowering.

Try to limit exposure to smells, help your child to be aware of strategies to help him/her avoid smells he/she finds unpleasant.

SENSE OF SMELL AND TASTE (5-12 Years)

Question 3: Is your child a picky eater, especially regarding food textures e.g. doesn't like lumps in food?



Strategies and Suggestions

Introduce new foods by expanding one sensory characteristic at a time, e.g. if your child eats soft food such as yoghurt try introducing some texture through it such as finely chopped apples or grapes.

Try using a plate with compartments for food, or try to space foods out on a plate to ensure they don't touch.



Consider whether the noise in school dinner hall may be preventing your child from finishing their lunch; some children can struggle to eat in a noisy environment. Allow your child to wear ear defenders if necessary.



Try introducing a new taste at a meal time when everything on the plate is something your child likes. Put a small piece of the 'new food' at the edge of the plate making sure it is not touching their other food. Using a graded approach try the following steps:

- On Monday it's enough that they tolerate the food on their plate.
- On Tuesday get them to put the food onto their fork and sniff it.
- On Wednesday ask them to touch the food to their lips.
- On Thursday ask them to touch the food with the tip of their tongue.
- On Friday get them to take a tiny bite and reward with an extra portion of something they like, a shot on the Xbox or an episode of a favourite programme (whatever will motivate them!).