

## Contact Us:

Paediatric Occupational Therapy Department  
Sunflower Centre  
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Perth  
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Tel: 01382 835140



For Teacher Training please see the  
Schedule of Opportunities (Perth) or tel-  
ephone the Paediatric Occupational  
Therapy Department

An infographic with a yellow background and a border of colorful handprints (white, blue, orange). It features several text elements and images: 'can't sit still' in red, 'fidgety' in purple, 'poor attention' in green, 'Sensory Processing Difficulties' in a blue box, 'always on the go' in blue, and 'always touching things' in orange. Images include a boy eating, a girl covering her ears, and a boy lying on the floor.

**can't sit still**

**fidgety**



**poor attention**

**Sensory Processing Difficulties**

**always on the go**



**always touching things**

## What are Sensory Difficulties?

Does your child appear uncomfortable in their body, do they fidget, squirm or constantly touch things? Do they struggle to concentrate or are they easily distracted. Do certain sensations upset them? They may have Sensory Processing Difficulties.

Sensory Processing is the way we get information from our bodies and the environment and make sense of it.

This information includes touch, taste, smell, sight, noise, movement and position. If this information is not processed correctly the child/adult may feel uncomfortable, have difficulty concentrating, feel sleepy or be irritable. This can affect their ability to join in everyday tasks including getting dressed, hair brushing/washing, being in noisy environments, playing and learning at school.

Often the things a child does in response to these difficulties are seen as behaviour problems even though the child is trying really hard to cope.

The Paediatric Occupational Therapy Department provide training for Parents and Teachers in small groups to explore this further.

## To book a place:

See our website for training dates

<http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/SensoryTraining/index.htm>

Choose a venue, date and time that suits you and Email us at:

[otparentbooking.tayside@nhs.net](mailto:otparentbooking.tayside@nhs.net)

*(each session is approximately 2.5hrs and are offered through the day and in the evening and there is a follow up drop in clinic after each training)*

## What to expect at the training

- You will learn about the senses and what happens when they don't work the way they should.
- You will be provided with examples of strategies, useful reading and equipment lists and a strategy booklet to take home
- We will work through a problem solving tool which is yours to use for future issues.
- You will have the opportunity to meet, chat and share support with other parents/carers.