

Tactile strategies

Child's name: _____ Date: _____



A child with tactile sensitivity may have difficulty screening out touch sensations that most people are barely aware of, for example, the feel of a label in their clothes. They may subsequently have difficulty shifting their attention to other sensations like the sound of a human voice, because they are so overwhelmed by messages about touch.

- Allow child to be first or last in line so they are not “bumped”.
- Assign child a special task, i.e. going ahead to ensure area is ready or staying behind to make sure lights are turned off or gate is shut etc.
- Approach child from within their visual field.
- Tell the child when you are going to touch them. Always touch firmly and without moving your hands.
- Define child's space during carpet time / assembly by using carpet square or hoop.
- Prepare child for activity by providing a visual cue.
- Before activities, provide deep pressure into the palms of the hands, such as firm clapping or “high fives”.
- Provide daily access to dry weighted sensory play materials (rice, sand, beans). Hide preferred toys / objects in sensory play materials. “Squich” hands before and during.
- Use messy materials that provide resistance, e.g., dough mixtures, putty, etc.
- Consider use of a tool, e.g., a paintbrush, rather than finger paint, or wearing gloves during messy activities to enable the child to participate more fully.

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