



Sensory Diet Example

Early Years Team

Child's name:	John Doe	DOB:	14/03/2019	Setting:	Nursery Setting
Date of plan:	11/12/2023		Review date:	16/03/2023	

Sensory system	Seeking or avoiding	Processing difference	Strategies and support
Touch	Avoiding	<p>Resists touch, pulls away. Distressed with nappy changes. Avoids group situations or crowds. Avoids/refuses to do 'messy play'. Distressed by clothes rubbing on skin; prefers to be naked or pulls nappy/clothes off constantly</p>	<ul style="list-style-type: none"> • For some light touch can feel like pain remember this at all times and ensure all staff know this • Some children prefer firm touch over light touch ie hands being firmly held rather than a light touch of the arm.

			<ul style="list-style-type: none">• Don't use touch to get a child's attention• Don't use touch to provide comfort and reassurance use the voice instead