

Sensational OT Tip of the Month

Ear Tools

Do you know children that ...

1. Cover their ears instead of eating in the noisy cafeteria?
2. Hum or make other sounds when working?
3. Are overly anxious about fire drills?
4. Struggle in PE due to the echoing of sound in an enclosed large space?

These children might have auditory sensitivity. Some sounds actually hurt their ears. Sounds that are out of their control or sudden are most distressing. Some noise is so distracting or irritating they try to block it out. They may be on sensory overload.

Sensational Ear Tools:

1. Acknowledge that the sound is painful or stressful and come up with a plan to resolve the problem with the child.
2. Use sound blocking headphones when an alarm goes off or when in noisy environments such as an assembly or in the gymnasium.
3. Allow the child to listen to soft music through headphones to block other distractions.
4. Find a quiet place for this student to take tests or do independent work away from the noise of others.

Your students might enjoy the book [Why Does Izzy Cover Her Ears? Dealing with Sensory Overload](#) by Jennifer Veenendall

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Dostal- COTI - 2015