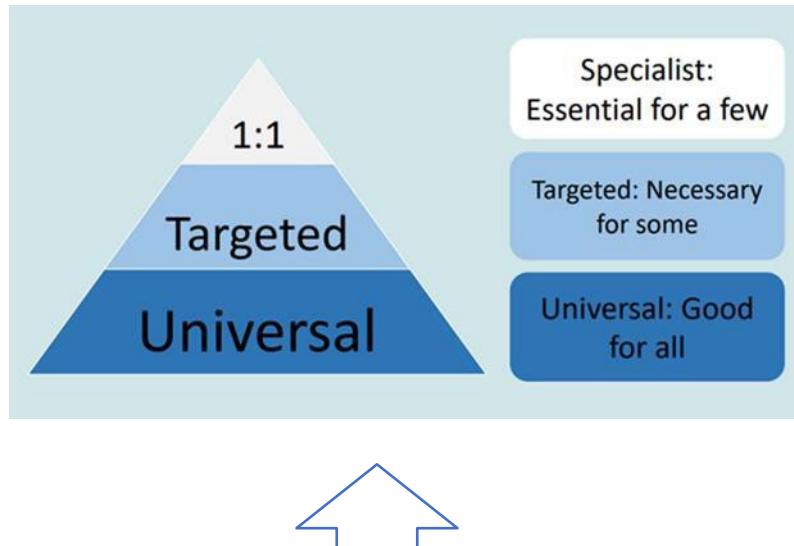


## How are we supporting children with Sensory Processing needs in Cumbria and Lancashire?

Some children and young people may need a more **targeted** approach where their individual sensory needs are more clearly identified and strategies that are more specific are used to support them



Some children and young people may require more **specialist** support, which may involve an individualised assessment by the most appropriate professional, including sensory processing considerations

As we all process sensory information and all have individual sensory needs, the Cumbria and Lancashire **universal** level of support is the first level of service for all families, schools and professionals to access. It aims to provide parents, carers and professionals with knowledge, ideas and strategies to support your child or young person with sensory needs that may be impacting on their every day life.

There is a wide range of information, resources and strategies that can be trialled at this first, **universal** level. The recommended sources for this information can be found on the Sensory Processing page of the Westmorland and Furness and Cumberland Families Information website. We encourage parents/carers and professionals to access this website and follow the suggestions there before exploring the targeted options that may be available.

- Try just a couple of strategies at a time
- Choose what is a priority for you and your family.
- Implement strategies and changes gradually. This will make it easier for you to work out what is going to be helpful for your child, as well as being more manageable for you as a family.
- Give it plenty of time to make sure the strategy is or isn't working before moving on to another

Not all of the resources may be relevant for your child, depending on their age or developmental stage. Some resources may be relevant now, but some may provide you with ideas that will be more helpful in the future, as your child gets older.