



## Gwasanaeth ABC / ABC Service

### Some ideas to help when children do not like touching new things

We need to respect a child's wishes as regards touching new things.

We need to encourage as and when the child is ready

Follow the child's lead as regards what he/she will and will not touch.

Try to think of alternatives in each situation e.g. if a child does not like to use paper towels to dry his/her hands allow for him to use a hand towel.

Explore various tactile materials

- Begin with dry textures such as sand, dry pasta, rice,
- Move from dry textures to wet textures – bubbles, paint/finger paints, glue.
- Explore textures such as cooked pasta, play doh, moon sand.
- Encourage messy play but never force as it can prove a negative experience which he/she will resist in the future.

Advice from an Occupational Therapist would be invaluable.

