



## Gwasanaeth ABC / ABC Service

### Some ideas to help when loud or unexpected sounds causes distress

Some children find loud noises and certain sounds difficult to deal with, which causes distress and sometimes fear. This can be a very difficult time for Parents and their families and school staff as they try to find ways to help the little child.

We need to respect that such situations happen and try to think of strategies to help them as best as we can.

Here are some ideas which might help:

- Offer earplugs or headphones to the child making sure they are always available or simply allowing them to cover their ears.
- If possible, try to 'warn' /prepare your child that there is going to be a loud noise e.g. Hoover, washing machine, school bell etc. Show them the object which makes the noise every time before putting it on/ comes on. This is a thoughtful way to allow the child to leave the room if they can't tolerate staying there.
- Stay with your child if the noise is unavoidable and in a soothing manner say that it's ok that they are not alone.
- Encourage deep breathing by showing how.
- Use of music that your child likes so that he/she can be distracted from the noise/sound which is causing distress.
- Use of favourite objects and toys to distract them.
- A child friendly space where the child is able to go to sit and help to calm the situation. This could be in the form of a tent, homemade den, a calming place at home/school where he/she can sit, relax and be calm. In these tranquil spaces, we would encourage the use of the child's favourite things e.g soft cushions, favourite blanket, cuddly toys, music, any favourite toys/objects which can help to improve the situation for your child.
- A weighted blanket can prove beneficial to some children as pressure is applied to the whole body.

We hope there are some ideas here which might help.

