



# Olfactory

## Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing:

- Avoiding: this child typically "avoids" certain smells and things that are overwhelming to them
- Seeking: this child can't get enough stimulation and "seeks" out exciting things
- Under-responsive: this child doesn't seem to notice much around them

## Sensory Treatment

- Modulation: Using preferred sensory input before, during, and after activities to make the child feel "just right"
- Remediation: Gradually introducing non preferred stimulation over time
- Adaptation: Adapt the activity to help the child be successful

## Smell Avider

Your child might be very sensitive and grow upset by smells that might go unnoticed by you

- Lessen smells by using fans or opening windows to let in fresh air
- Start all activities with preferred scents then slowly try non-preferred
- Play a scent identification game: let your pick out a variety of scents, place them in a small container and guess the scents
- Go on walks and encourage your child to smell different things (grass, flowers, etc.)

## Smell Seeker

Your child is constantly seeking out smells and might smell nonfood items

- Encourage your child to use other senses so they don't have to rely on smell as much (what do things look like, sound like, feel like)
- Allow your child to cook and prepare food with you
- Place an essential oil diffuser in their room
- Before bed read them scratch-n-sniff books
- Allow them to use scented markers or scented Play-Doh

# Under-responsive to Smells

Your child might not notice or respond to smells

- Ensure safety by using flashing fire alarms, checking expiration dates on food, and using thermometers for cooking helps keep your child safe without relying on smell
- Help your child to notice smells by making perfumes, soaps, or unique essential oil scents for themselves and their toys
- Have them play with scented markers and Play-Doh



## Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here



## Therapist Notes



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