

## DR. SARA'S TOP TIPS

### **-WHY DOES MY CHILD FIDGET? -**

INFORMATION ON SENSORY FIDGETS TO SUPPORT PARENTS AND TEACHERS

#### *I need this if:*

My child fidgets a lot or taps surfaces

#### *This can help if:*

My child or student is Neurodiverse (Autistic) or they have ADHD, ADD or any sensory processing challenges. They are any age.

#### *Why is this useful:*

Fidgeting is often thought to be a socially undesirable behaviour. However, young people do it to regulate their nervous system. The fidget meets the need of the nervous system to do something, and when that happens, the brain is ready to focus on the task at hand like listening to the teacher or doing homework.

#### *Suggestion for how to use this:*

Give the child a variety of sensory fidgets to try out, so they can see what they like best (soft, hard, feathery, rough, spongy etc)

Explain what it is for (not a toy, to help them do their schoolwork/listen) and tell them how to use the fidget (give them rules)

Choose fidgets that are age-appropriate and allow the child to fit in, e.g. see below right for subtle fidget necklaces.

Connect the fidget to a spiral keyring so the child can always have it with them.

### HOW TO ACCESS THIS RESOURCE:

Two Irish companies that sell a wide variety of fidgets are:

Sensational Kids:

<https://www.sensationalkids.ie>

Acorn Educational:

<https://www.acorneducational.ie>

