

Putting together a sensory bag

If your child is likely to be anxious at their audiology appointment, you may want to put together a sensory bag for them. You can buy special bags and items to create a sensory bag or get crafty and make one, but there is no need to spend money on this.

If you and your child are feeling crafty, here are some instructions on how you can make your own squishy sensory bag:



Fill your plastic bag with hair gel or hand sanitiser, leave a little space for the gel to move around when squeezed



Add in small crafty bits such as pompoms, sequins or beads. Seal the bag tightly and use strong tape to secure all the edges.



Bring your sensory bag with you to show the person who you will be meeting! You can use this in your appointment to help you feel calm if you want to.

If you are not the crafty type, you or your child can simply make a collection of toys and objects that they like to cuddle, play with or fiddle with and put them together in a small bag. Alternatively, you can look around the house and see if you can find sensory objects such as ribbons, feathers, pompoms, shiny things and bubbles and put them in a bag to bring with you to the appointment (it is important to make sure the items are not noisy).

