


Roarsome Roar

INCLUSION NEWSLETTER



The sensory nightmare of the school uniform for children.

At the start of every new term - especially the new academic year it can be difficult for children with SEND needs to navigate all the changes. As adults we then place the added pressure of new school uniform into the mix.

School uniforms are made of hard-wearing and durable materials which can be both positive and negative. Many children with SEND, have difficulties with an over-response to the sensory stimuli of touch. Which means the feel and texture of certain fabrics against their skin can easily cause them to become overwhelmed and distressed.

Uniform for change.

Not is all lost. There are a number of retailers that sell easy-to-wear pieces of uniform clothing, specifically designed for children with sensory difficulties.

OR...

- Buy second hand. Children who find touch of materials difficult to tolerate often prefer clothing that has been well washed. This is because the fabric has been washed and worn in well, therefore making the fabric softer and more manageable.
- Use a fabric softener in with the wash. Then tumble dry before wearing for the first time.
- Remove labels.
- Possibly look at adding in soft or light base layers (like a vest) to make contact with seams minimal.
- Before dressing, carry out deep pressure activities to help desensitise the skin. For example, rubbing the body with a dry towel, brushing the skin with a body brush or rolling a ball over the body.
- If you have access to an occupational therapist or your GP. Ask them for advice. They may be able to offer bespoke activities or solutions.
- Finally, try not to allow the clothing to become a barrier to learning. Speak to the school early to avoid the issue escalating.

