

## Touching and perceiving

# Touch sensitivity



### Activity: exploring clothes with textures and details

While being carried, sitting on someone's lap or during care moments, the client encounters the clothes of a parent or caregiver. Clothes with various textures and details stimulate him to explore.

If you don't have such clothes, you can probably find useful items in a second-hand store.

### Set-up of the activity

0-2

- Stimulate the client to explore clothes with various textures (i.e., woven fabric, fake fur, leather or satin) and with various details.
- Begin by drawing his attention to smooth fabrics and then to fabrics with more textures or fabrics that feel slightly rougher.
- For a client in a wheelchair, attach textured items or patches to his outer clothes. Also make something that can be attached to the arm rest or the tray of the wheelchair.

2-4

- Name the textures and fabrics that the client feels (i.e., smooth, rough, hairy or spiky).
- Vary by wearing accessories, such as a scarf or a belt. These can also be reference items with which the client can recognise a caregiver.

4-6

- Draw the client's attention to his own clothes and, if possible, ask him to state which textures he feels.
- Also ask him to do this with clothes that you wear. Consider wearing clothes with patches.

### Points for observation and focus

- Observe how the client reacts to the various materials. Does he explore with his mouth, smell the materials or feel them with his hands?
- Be careful with unfamiliar materials in case of tactile defensiveness.

### Alternative materials

- Let siblings dress each other in costumes, or other clients at the school, day care centre or commune, for example in the framework of a theme party or Halloween.
- Place a tactile blanket or tactile cushions on the bed or on the couch or chair.

### Can also be used in the categories

- Noticing (NT)
- Perception of detail (PD)