

Are you worried about your child's sensory development?



Since 1994, the privately run **Sound Learning Centre (SLC)** in Palmers Green has been helping children overcome sensory sensitivities through a range of sound, light and neuro-developmental programmes that aim to improve social, emotional and behavioural performance. Sensory problems arise from the brain's inability to balance the senses appropriately and children with this functional difficulty are often extremely attuned to certain sounds, textures, tastes and smells.

Behaviour

The sensory information we gather from our environment impacts each one of us differently and when our sensory receptors do not function efficiently, it can manifest in behaviour that is frequently dismissed as being naughty rather than as a response to a certain noise or smell - or how something feels. Senses drive children's emotions, academic performance and learning and if your child is prone to switching off during lessons, for example, or has a tendency to become disruptive in the classroom or at home, it could be that they are unable to filter or prioritise the auditory information coming their way; i.e. the plane flying overhead; the lawnmower in the distance, in contrast to what is important; the sound of the parent or teacher's voice in front of them.

Diagnosis

Although receiving a diagnosis (after months and sometimes years of waiting for one) is often a huge relief, parents can feel overwhelmed and stressed by the accompanying volumes of reports from various health and education professionals or authorities. Whether the official diagnosis is Asperger's, autism, dyslexia or dyspraxia, SLC professionals will look beyond each child's paperwork and review their entire personal history before studying in detail their hearing, vision and developmental maturity. The SLC's mission is to understand and address a child's individual problems and needs rather than applying labels and, this way, they can support the official diagnosis by focussing on, and developing, troubled sensory areas.

Treatment

Treatment starts with a detailed assessment of your child and his or her difficulties, before the right sound or light programme is selected for them and run over a 10 day period (occasionally the programme can take place in your home). All treatments are personalised and non-invasive, frequently bringing about real change in physiological, emotional, social and educational behaviours - where before, there might have been little prospect of improvement.

Auditory Integration Training (AIT)

Your child will sit comfortably in a relaxed environment and listen, with headphones, to music processed through one of two specialist devices: an Audiokinetrone or an Earducator. These devices rapidly and randomly modulate the amplitude of the music's frequencies in order to retrain the ears to hear in a more balanced way. Filters might also be used, depending on the results of any hearing tests performed during assessment stage. The AIT programme normally consists of two, 30-minute

sessions each day, with an interval of 3 hours between sessions, for ten days.

Lightwave Stimulation Therapy (LWS)

During treatment your child will sit comfortably in a darkened room while looking at a low intensity, pulsed, coloured light emitted by a Lumatron or Photron machine. The programme normally consists of two, 20-minute sessions each day for ten days. Wherever possible, the SLC will measure colour visual fields and visual perceptual profiles both before and after treatment. Light therapy is often used in combination with AIT.

THE SOUND LEARNING CENTRE'S TOP TIP FOR PARENTS:

Keep a diary in which you note down all your observations of your child. Behaviours that are not particularly noteworthy in isolation, can take on a different meaning when viewed as one of a cluster of behaviours. By recording what you see and by understanding what lies behind what you have observed, you can start to make a difference.



As well as providing assessments and therapies at their Centre, the SLC provide Outreach Programmes to schools or private groups, hold regular open house days and run training courses for parents and professionals wanting to know more. Get in touch on: 020 8882 1060 or via info@thesoundlearningcentre.co.uk