

## Uniform Options for Children with Sensory Sensitivities

Some of our children we know have sensitivities to certain aspects of school uniform. To support parents with finding alternative items for sensitive children we have produced this guide to some of the options available for shirts and trousers. We have also included a few links to websites that sell sensory friendly uniform. We hope you find it helpful.

Item	Alternatives available	Cost	
Shirt	<p><u>Asda</u> Easy on short sleeved shirts – <i>Velcro instead of buttons, soft threads, printed label.</i></p> <p><a href="#">Easy On Girls White Short Sleeve School Shirt 2 Pack   School   George at ASDA</a></p> <p><a href="#">Easy On Boys White Short Sleeve School Shirt 2 Pack   School   George at ASDA</a></p>	<b>£3.50-£5.50 2-pack</b>	
	<p><u>Asda</u> girls white pintuck blouses – <i>softer collar</i></p> <p><a href="#">White Girls Pintuck School Blouses 2 Pack   School   George at ASDA</a></p>	<b>£6-£10 2-pack</b>	
	<p><u>Next</u> touch fastening cotton stretch shirt – <i>velcro instead of buttons, stretch, printed labels</i></p> <p><a href="#">Buy White Touch Fastening Cotton Rich Stretch Short Sleeve School Shirt (3-17yrs) from the Next UK online shop</a></p>	£8-£9 each	
	<p><u>Next</u> easy fastening short sleeved shirts -</p> <p><a href="#">Buy White Easy Fastening Short Sleeve School Shirts 2 Pack (3-16yrs) from the Next UK online shop</a></p>	£9-£11 2-pack	
	<p><u>Next</u> scalloped lace trim shirt – <i>softer collar</i></p> <p>Long sleeves</p> <p><a href="#">Buy White Long Sleeve Scalloped Lace Trim School Blouse (3-14yrs) from the Next UK online shop</a></p> <p>Short sleeves</p> <p><a href="#">Buy White Cotton Rich Scalloped Collar School Shirt (3-14yrs) from the Next UK online shop</a></p>	£7-£9 each	
	<p><u>M&amp;S</u> Easy iron easy dressing shirts – <i>Velcro top button, printed label</i></p> <p><a href="#">3pk Girls' Easy Dressing Easy Iron School Shirts (3-18 Yrs)   M&amp;S Collection   M&amp;S</a> <a href="#">3pk Boys' Easy Dressing Easy Iron School Shirts (3-18 Yrs)   M&amp;S Collection   M&amp;S</a></p>	£9-£15 3-pack	
	<p><u>M&amp;S</u> Pintuck easy iron shirts, short sleeved – <i>softer collar.</i></p> <p><a href="#">2pk Girls' Pintuck Easy Iron School Shirts (2-16 Yrs)   M&amp;S Collection   M&amp;S</a></p>	<b>£9-£13 2-pack</b>	
	<p><u>Adaptive clothing</u> sensory school shirt – <i>softer, label in pocket, slip-on, soft collar, flat seams.</i></p> <p><a href="#">Sensory School Shirt – Adaptive Clothing UK</a></p>	<b>£21.99</b> each	
	Trousers	<p><u>Asda</u> Easy on girls trousers – <i>softer threads, soft fabric, soft elasticated waist, pull on, printed label</i></p> <p><a href="#">Grey Easy On Straight Leg Jersey Girls School Trousers 2 Pack   School   George at ASDA</a></p>	£7-£11 2 pack
		<p><u>Asda</u> Easy on boys trousers – <i>softer threads, soft fabric, half elastic waist, mock fly, printed label</i></p> <p><a href="#">Grey Easy On Half Elastic Boys School Trousers 2 Pack   School   George at ASDA</a></p>	£7-£9 2-pack

	<p><a href="#">M&amp;S Easy dressing trousers – softer feel, adjustable waist</a>  <a href="#">2pk Boys' Easy Dressing School Trousers (3-18 Yrs)   M&amp;S Collection   M&amp;S</a>  <a href="#">2pk Girls' Easy Dressing School Trousers (3-18 Yrs)   M&amp;S Collection   M&amp;S</a></p>	<p>£11-£15 2-pack</p>
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**Asda**

Easy on range – softer threads, printed labels, soft fabrics, easy to put on. Range of shirts, trousers, skirts, pinafores and dresses. Very reasonable prices.

[Easy On Easy Wear - Sensory School Uniform | George at ASDA](#)

**Marks and Spencer**

Easy dressing range, in conjunction with the National Autistic Society - including printed labels and softer fabrics. Reasonable prices.

[Kids' Adaptive Clothing at M&S](#)

**Sensory Smart**

Clothing suited to sensory sensitivities. They have a few uniform items, however the prices are high.

[Spectra Sensory Clothing - Autism Friendly Clothing — Sensory Smart](#)

**Adaptive Clothing UK**

Sensory clothing with flat seams, no tags, soft fabric. They have a few uniform items, however the prices are high.

[School Uniform – Adaptive Clothing UK](#)