

# Sensory Success Tools

A young child with light-colored hair is shown in profile, blowing bubbles. The background is a soft, greenish-yellow color with many bubbles of various sizes floating around. The child is wearing a blue shirt and a red scarf. The overall mood is joyful and playful.

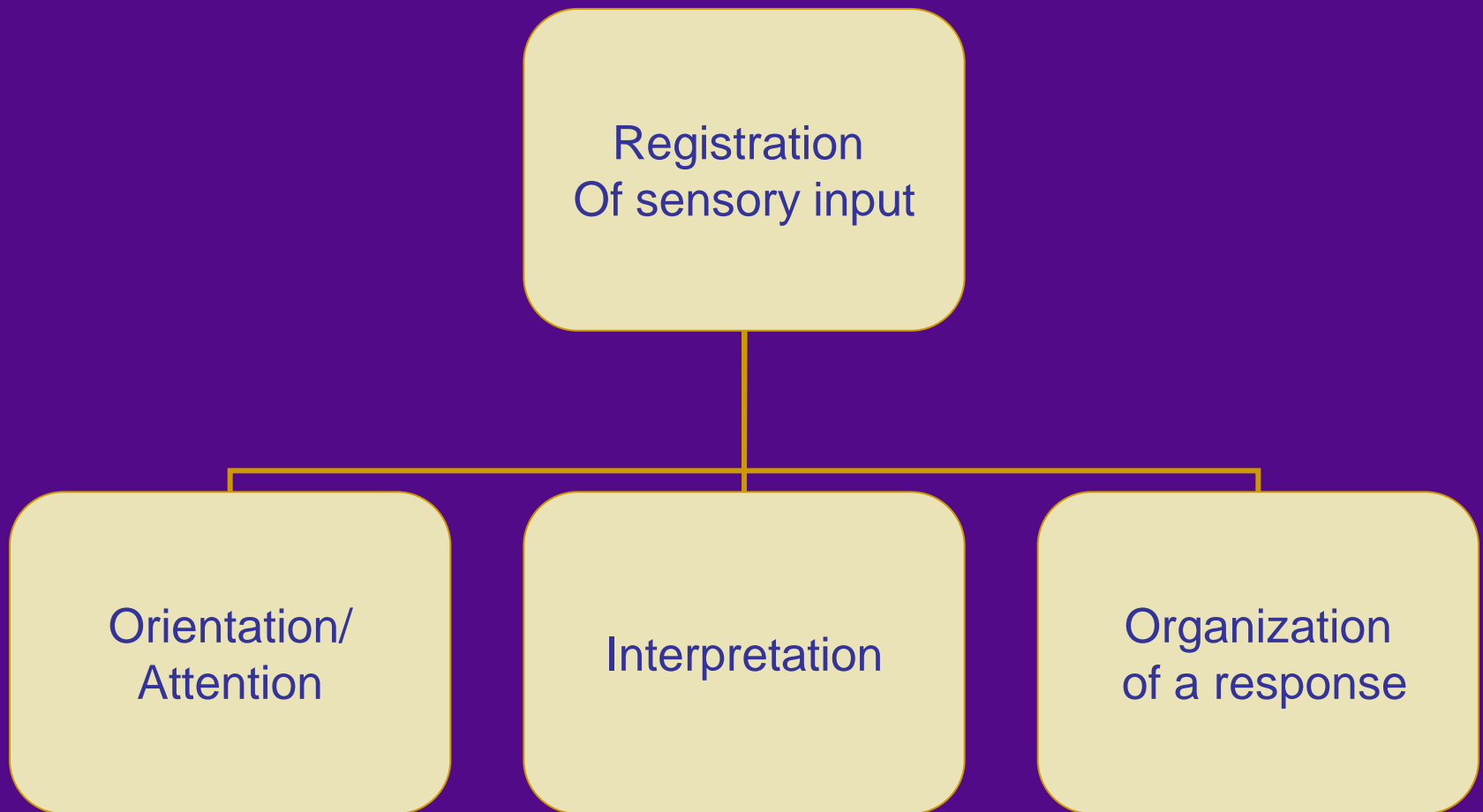
Proactive Strategies for  
Daily Routines, Mealtime and  
Challenging Activities  
Participation



# Sensory Processing

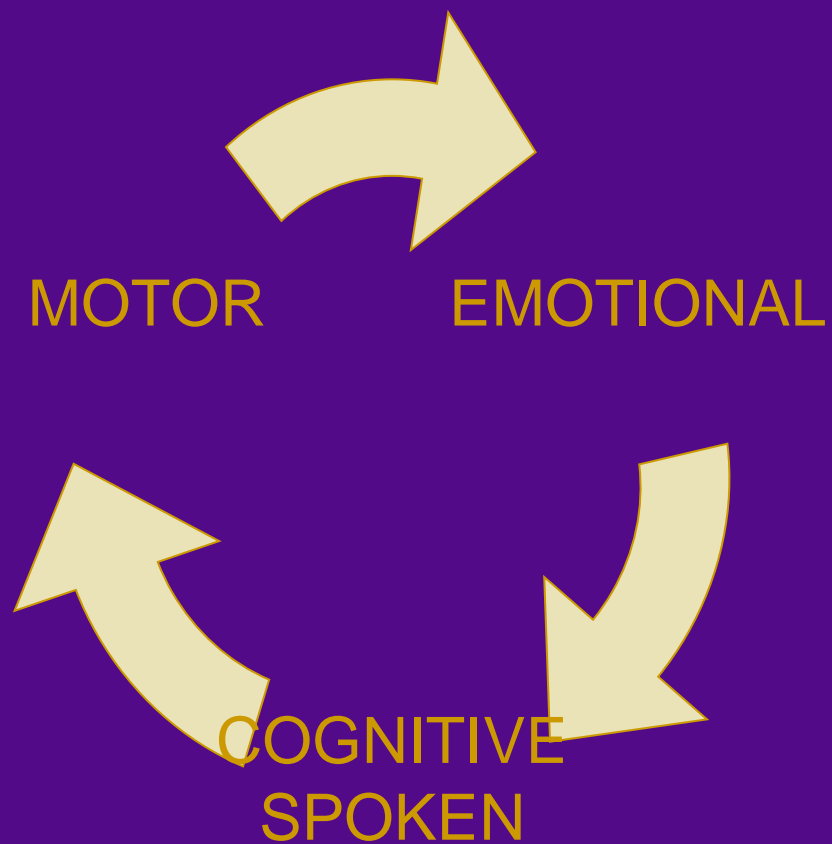
- Receive
- Relate to previous experience
- Interpret or Disregard
- Formulate Adaptive Response

# Sensory Response





# Execution of a Response



# Familiar Senses



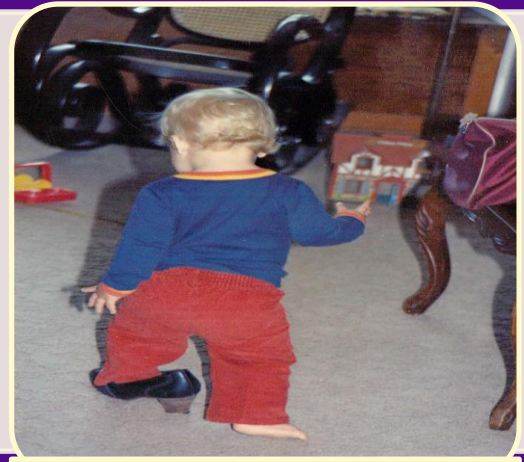
# Silent Senses



Tactile (Touch plus)



Vestibular



Proprioceptive



# Silent Senses

- Vestibular- movement, pull of gravity, head position, role in postural tone
- Tactile- Protective and Discrimination
- Proprioception- where body is in space –
- Information from joints, tendons, ligaments and muscles



# Inner Ear & Vestibular

- Linear- forward & back
- Site of perception of rotation
- 3 semicircular canals & endolymph
- Movement perceived in saccule/utricle
- Otolith organs- rocks against hairs







# Vestibular Based Skills

- Coordinate eye movement
- Ability to cross the midline with ease
- Role in posture and endurance
- One piece of moving & executing complex motor tasks without looking at body parts and or thinking through the movements of each step

# Tactile

- Hypersensitive
- YUCK!
- Hyposensitive
- Danger!
- Just Right-
- Discrimination can develop





# What works for your Tactile System?

- Sheets that feel just right
- Your favorite hanging around outfit
- Digging in the garden
- Walking on a sandy beach
- A foot rub
- Deep back massage
- Light rapid touch
- Does it make a difference if you know the touch is coming?

# Proprioception

- Movement and static position information
- The best- I am not sure what my child needs strategy





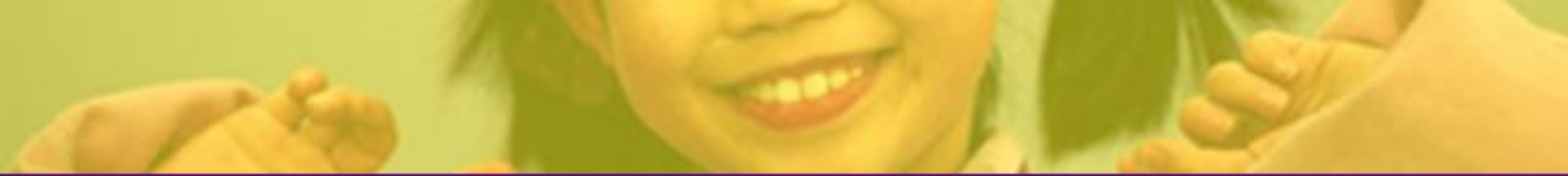
# Vestibular Fun











# Tactile Fun



# Proprioceptive Fun





# Motor Experience Sets the Stage

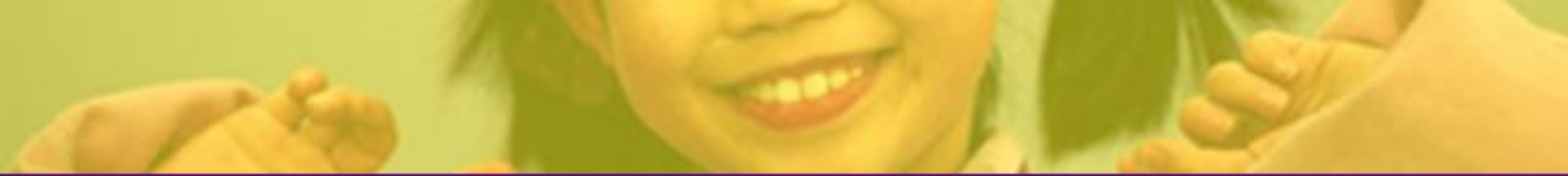
- Children learn where their body is in space and this is the foundation for understanding orientation in space, left and right
- Children learn how to grade movement, this is the foundation for controlled grasp, stability at one joint and movement at another in same extremity- picking up an egg, writing, turning a faucet, and manipulating tools.



# Sensory Buffet

- An assortment of activities/ sensory inputs
- Based on child's unique sensory profile
- Used proactively to help child maintain active alert state
- Used when increased arousal or calming inputs are required





# Just Right Challenge





# Just Right Challenge

Input

Processing

Challenge that requires problem solving

motor

intellectual

verbal

social





# Modulation Dysfunction

- More severe
- More common over-responsive but can be under-responsive-can vary in body systems
  - Difficulty staying on even emotional keel with or without antecedent
  - Difficulty maintaining arousal level
  - Lives on an immediate gratification level



# Over responsive





# Over responsive

- Like radio station with inconsistent tuning
- Over reacts to known and mystifying stimulation
- Can melt down from frustration or excitement
- The only predictable thing is unpredictability



# Calming Input

- Rhythmical: slow music and movement
- Soft voice
- Low light
- Scents- lavender, orange, rose, patchouli, chamomile
- Clear visual space
- Heavy work activities
- Deep pressure



# Alerting Input

- Bright and or changing light
- Strong voice
- Asynchronous music and movement
- Changing positions
- Scents- Eucalyptus, pine, lemon, peppermint, jasmine
- Bold tastes- dill pickle, mustard, spices, carbonated juice



# Over Responsive Strategies

- Cd player/ mp3 player and headphones
- Sound machine
- Sensory get-away
- Rocking chair/ rocking “video” chair
- Swing
- Beanbag
- Weighted blanket/ body weights/lap pad
- Sucking, warm comfort food





# Over Responsive Strategies

## 2

- Build Self-calming Routines
- Sensory Prep Everyday
- Daily Visual Schedule
- Regrouping Time
- Oral heavy work before meal or tooth brushing



# What does an Oral Sensory Challenge Look Like?

- Mealtime Issues
- Sleep Issues
- Self-care task meltdowns (tooth brushing)
- Gagging when child sees, smells or touches non-preferred item
- Distress when child sees mealtime seating



## **Oral/Sensory Challenges Continued**

- Mouthing/Chewing Non-food items
- Difficulty going to community locations
- Avoidance of eating or being fed
- Over stuffing mouth
- Poor oral control of food
- Choking/ gagging/ sounds wet or gunky after eating
- Any or All of the Above



# Mealtime Strategies

- Let child help with menu selection and prep
- Heavy mouth work before meal
- At least small amount of a preferred food
- Family mealtime
- Rules for behavior and accountability for behavior but no discussion of intake at mealtime
- Supportive seating- foot support/ trunk support if needed, sit upright
- Utensils do not only have to be a spoon and fork



# Mealtime Strategies 2

- A no thank-you bowl for foods tried but not able to eat or swallow yet
- Food needs to be a part of the entire day
- Food stories, food crafts, smells in bath time, books and arts and crafts
- Theme food tied to child's interest
- Only change ONE characteristic of food at a time- taste OR texture OR appearance



# Daily Routine Strategies

- Visual Schedule
- Build in heavy work activities
- Place fun activity after challenging activity on daily schedule
- Use pictures or choices when child distressed
- Make a sensory travel bag



# Get Your Focus On!



Reach for the Sky



Squeeze and Relax



&



Deep Breath & Exhale



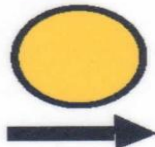
Get you Sillies Out



Finger Pointer



**Circle  
to the  
Right**



**Circle  
to the  
Left**



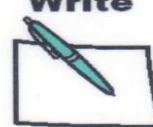
**Fingers  
Up**



**Hand  
Set**



**Write  
Write  
Write**





# IFSP/ IEP Strategies

- Visual schedule
- Heavy work activities
- Supportive mealtime seating
- Sensory activities tied to regular routine activities
- Movement before sedentary activity
- Compression garment



# IFSP Strategies continued

- Weighted blanket
- Joint Compressions
- Sensory safe space



# Strategies for Challenging Sensory Based Behaviors

- Excessive mouthing
  - Resistive chew toys
  - Electric toothbrush
  - Crispy/ crunchy foods
  - Bold tastes



# **Haircut/ Hair washing**

- Head massage
- Headstand
- Push large ball across room with head
- Vibrating hairbrush
- Foam visor
- Lie on counter for hair washing
- Spray on brush out dry shampoo



# Strategies for Challenging Sensory Based Behaviors

- Head Banging/ Ear Flicking
  - Jumping- espec on trampoline
  - Joint compressions head/ whole body
  - Deep pressure head
  - Pressure stroking
  - Rhythmic activities
  - Weighted vest
  - Push head against resistive material



# Strategies for Challenging Sensory Based Behaviors

- Saliva Play
  - Deep pressure- stroking, joint compressions
  - Tactile play- snow, sand, beans, rice, playdough
  - Heavy mouth work
  - Resistive chewing, bold tastes
  - Ice pop





# Strategies for Challenging Sensory Based Behaviors

- Sleeping challenges
  - Sleeping outfit
  - Sleeping bag
  - Heavy quilt
  - Weighted blanket
  - Soft music/ noise machine
  - Bedtime routine
  - Wind down activities before bed