

Sensory Strategies for Kids

November 12, 2009

Presented by:

Phyllis Barrett Samara OTR/L

Erin Ellis OTR/L

of the Barrett Family Wellness Center

Learning Objectives

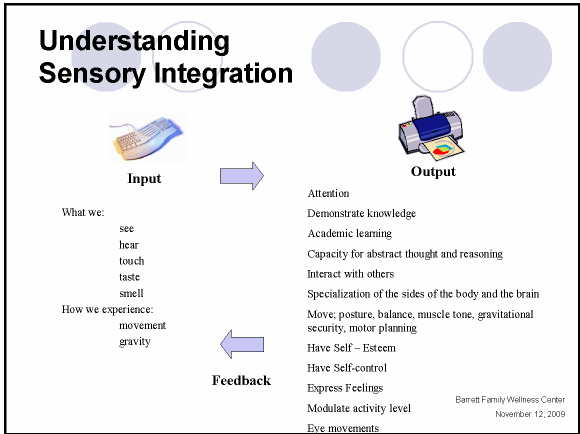
- Gain a basic understanding of sensory integration and why it is important
- Gain understanding of how sensory processing disorder affects participation in daily life
- Learn how to incorporate sensory activities in the classroom and at home

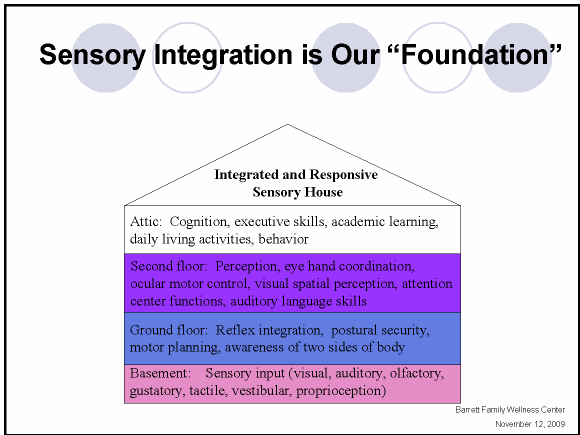
Barrett Family Wellness Center
November 12, 2009

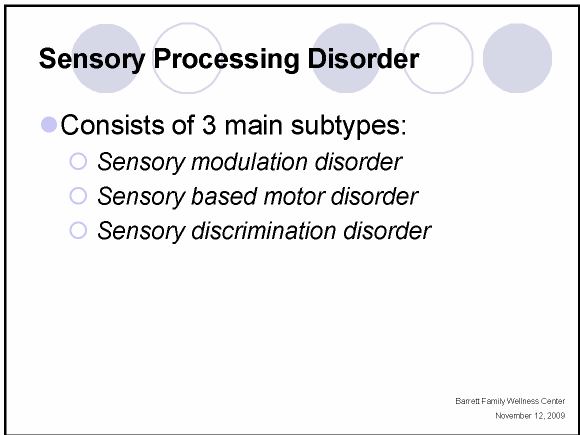
What is Sensory Integration?

- Sensory integration is the naturally occurring process of noticing, taking in, interpreting and responding to sensory events in our environment and in ourselves.

Barrett Family Wellness Center
November 12, 2009







Sensory Modulation Disorder

- Difficulty regulating responses to sensory input, achieving and maintaining an optimal level of arousal
- Sensory over-responsive
 - responds too much, too frequently or too long to sensory input. Can be irritable, moody, cautious, or have difficulty with change/transitions
- Sensory under-responsive
 - less aware of sensory input than most. Can be passive, quiet, tired, "lost in their own world", slow to respond to directions
- Sensory seeking
 - needs more sensory input than most. Constantly moving, loud, plays rough, poor turn taking, interrupts, explosive/angry, excessively affectionate physically/poor awareness of social norms

Barrett Family Wellness Center
November 12, 2009

Sensory Based Motor Disorders

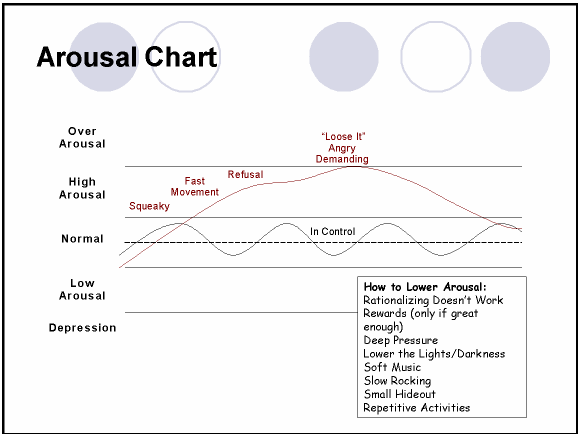
- Dyspraxia
 - inability to plan and execute novel motor tasks. Clumsy, poorly organized, difficulty with sports/gym/play, prefers sedentary activities/fantasy games
- Postural Disorder
 - low muscle tone, difficulty with motor activities, appears lazy/weak, tires quickly, gives up easily on motor tasks

Barrett Family Wellness Center
November 12, 2009

Sensory Discrimination Disorder

- Difficulty interpreting sensory stimuli (*what is that???*)
 - Cannot make sense of information, therefore response is not appropriate
 - Difficulty with locating touch on body, judging force, organizing, writing/spacing letters, needs directions repeated, needs more time, gets lost easily

Barrett Family Wellness Center
November 12, 2009



How to Help

- Best way to help a child is to use top down and bottom up inhibition
 - Midbrain takes in information and decides if it is important or not, then sends signals out to the autonomic nervous system and brain to initiate fight/flight/fright (F/F/F) response if needed.
 - Top down inhibition consists of trying to cognitively suppress this reaction (consequences, rewards, reasoning)
 - Bottom up inhibition consists of using movement and heavy work from the body as a way send calming signals through the brainstem up to the midbrain and decrease the F/F/F response
 - When in doubt, do heavy work!

Barnett Family Wellness Center
November 12, 2009

How Do You Respond To Sensory Input?

- Adult sensory preference checklist
- What do you see in your student/child?

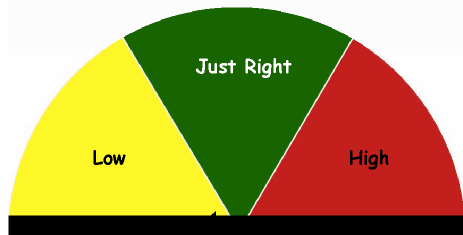
Barnett Family Wellness Center
November 12, 2009

The Alert Program

- The Alert Program for Self Regulation is an excellent tool to use with children to help them understand how to self regulate.
- We will give you a brief overview, but courses are offered throughout the year and are recommended to help you understand the program fully.

Barrett Family Wellness Center
November 12, 2009

Speedometer



Barrett Family Wellness Center
November 12, 2009

5 Ways

- Move
 - Desk activities
 - Movement activities
- Touch
 - Tactile activities (art, etc)
 - fidgets
- Look
 - Change lighting (brighter, sunlight)
- Listen
 - Rhythm, music, quiet environment for tasks
- Put something in the mouth
 - food, water, oral motor toys

Barrett Family Wellness Center
November 12, 2009

Add In a Minute For Sensory Play!

- Basket of fidgets
- Chewy snacks/oral motor activities
- Lighting
- Visual use of space
- Seating
- Quiet space/hideout
- Turn off the TV!

Barrett Family Wellness Center
November 12, 2009

Add In a Minute For Sensory Play!

- Move furniture
- Hold doors
- Carry heavy books
- Take stretch/movement breaks
- Office helper/classroom jobs
- Recess
- Carry groceries/laundry
- Vacuum/household chores
- Crash mats

Barrett Family Wellness Center
November 12, 2009

More Sensory Play

- Multi sensory opportunities to practice skills:
 - Handwriting
 - Write in clay, sand, salt
 - Make letters out of playdough
 - Cutting
 - Cut textured papers, sandpaper, fabric
 - Coloring
 - Textured papers, rubbings, etc

Barrett Family Wellness Center
November 12, 2009

Activities

- Drive Thru Menu, Brain Gym
- Brainstorming

Barrett Family Wellness Center
November 12, 2009


All children benefit from
sensory activities!

Barrett Family Wellness Center
November 12, 2009

When in doubt.....

Do heavy work!!!!

Barrett Family Wellness Center
November 12, 2009



Thank You!!!

Phyllis Samara and Erin Ellis
P.B. Samara OT Assoc
d/b/a Barrett Family Wellness Center
76 Otis Street
Westborough, MA 01581
508-898-2688
www.BarrettFamilyWellness.com
