DO YOU RECOGNISE ME?

I hate having my hair washed, brushed or cut.

I cry and shield my eyes from the sun and other bright lights.

I have selective hearing or difficulty listening.

I am a picky eater. I resist new foods and textures.

I complain about tags in my clothing.

I seem to be unaware of normal touch or pain. I often touch others too soft or too hard.

I hate being tickled or cuddled.

I have poor gross motor skills such as running and riding a bike.

I am afraid of going down stairs without holding on.

I walk on my tiptoes.

I have trouble focusing and/or concentrating.

I am always smelling people, food and objects.

I am overly sensitive to loud sounds such as vacuums and blenders.

I chew on everything.

I am a messy eater.

I have poor fine motor skills which makes my handwriting and cutting untidy.

I have difficulty dressing myself. Buttons, shoe laces and zippers are some of my bigger difficulties.

I sit with my legs in a "W" position.

I climb stairs one at a time even though I am older than 4 years.

I put my socks on "just so" or maybe I never go barefoot.

I need help forming my body image, integrating some primitive reflexes, establishing dominance and relearning how to move my body so that my brain can take in new information, and organize and use it. Then I can be all that I can be. Occupational Therapy can help me do this.

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SENSORY VIDEO

http://youtu.be/zzf80k5b_EM
SENSORY MOTOR DEFICITS

- Difficulties in processing information from our senses- visual, auditory, tactile, gustatory, olfactory, vestibular and proprioceptive
- Senses may be over or under-responsive
- Senses may function inconsistently- may be all or nothing responses
- Sensory Overload is a common problem leading to behavioral manifestations
- Difficulties prevent students from interacting like typical peers with the environment
SENSORY MOTOR DEFICITS

- Student may not want to be touched at all
- May crave deep pressure
- May dislike tickling, light touch
- May have high pain thresholds
- May bump into objects or trip and fall often
- Often has very limited food preferences, based on sensitivities to texture, odor, color
SENSORY MOTOR DEFICITS

- Difficulties with team sports and games
- Clumsiness and balance problems
- Difficulty with knowing where body is in space
- May not like to get hands dirty - problems with finger painting, sand play, playdoh
- Problems grading fine motor movements needed for pencils, crayons, other motor tasks
- Difficulty toileting
- Tires easily
SENSORY STRATEGIES

  - Koosh ball on a keychain
  - Velcro on bottom side of desk to rub
  - Bungee cord on desk legs to bounce with foot
Calming Techniques

- Sweet candy
- Classical music without words
- Vanilla, banana, & coconut are calming smells
- Slow, deep breathing
- Visualization
- Yoga
- Warm blankets
- Hugs
- Rocking chairs/slow rocking
- Dim Lights

- Lay bean bag on top of them & apply deep pressure
- Going to quiet corners
- Getting in a large box or tent
- Suckers
- Wrapping in blanket
- Pushing against wall
- Brushing; joint compressions
- Deep pressure
- Weighted blanket
- Slow swinging
Alerting Techniques

- Upbeat classical music
- Pine, citrus & peppermint smells
- Bright lights
- Fast swinging or fast movements
- Tag, hide and seek
- Cause & effect toys
- Visually stimulating rooms
- Light touch
- Tickles
- Koosh balls
- Crunchy foods
- Irregular movements (upside down)
Activities to Prepare the Body for Work

- Wiggling beside desk – helps get all the wiggles out before sitting down to work.
- Rocking ball – helps calm them down.
- Flying airplanes – tones the neck and back muscles so they can sit at their desk.
- Chair push ups – gets them ready for writing and cutting.
- Carry heavy items (example: books) – gets their brain ready for learning.
- Clapping games – gets hands ready for writing and cutting.
- Rocking puppy – good for all the muscles and calming to the body.
Fidgits
Oral Sensory Suggestions

SENSORY INTEGRATION

- Sensory Integration does not attempt to develop specific skills, but it provides the sensory and motor activities which help the overall functioning of the nervous system, which in turn enhances language, motor skills, attention, behavior, etc.
SHAKES & WIGGLES ACTIVITY
https://www.youtube.com/watch?v=4K-YSqlx93I