

Sensory Strategies Recommendations for Home

Schedule:

1. Post a written or picture schedule and stick to it as much as possible. For a schedule that changes daily, use Velcro on the backs of pictures to make easy changes. Refer to the schedule frequently so the child can prepare him/herself for the day's activities.
2. Avoid getting in a rush. Easier said than done, but very important!
3. Minimize screen time (t.v., video games, computers).
4. Allow for a variety of movement activities in the schedule.
5. Choose a relatively calm time during the evenings for completion of homework and establish a Homework Spot that is relatively free of distractions.

Activities:

1. Activities that provide deep pressure to the muscles and joints are always helpful to the nervous system. The following equipment for home use is recommended:
 - *backyard trampoline with safety enclosure (always follow the trampoline safety recommendations to minimize injuries)
 - *large therapy ball – encourage any play that involves having the belly on the ball
 - *climbing toys
 - *a mat or large beanbag for tumbling/crashing play
2. Non-competitive extra-curricular activities are usually best for kids with sensory processing disorder:
 - *gymnastics
 - *karate
 - *swimming
 - *horse-back riding

General:

1. Provide choices whenever possible.
2. For clothing sensitivities, try to accommodate by purchasing tag-less tee-shirts, seam-free socks, comfortable pants.
3. For food sensitivities, try to include at least one preferred food in each meal but continue to place non-preferred foods on plate – frequent exposure is helpful. Do not allow meal time to become a battle. Calmly state that this is what is for dinner. If the child chooses not to eat the non-preferred foods, do not allow him/her to fill up on snack food. A little hunger *might* make him/her less picky the next day (not true for extreme sensitivities). HOWEVER, in cases of extreme sensitivities and where total daily caloric intake is a concern, always consult with a doctor, therapist, or dietician for the proper course of action.