







## OT SENSORY REGULATION PROGRAMME

<p style="text-align: center;"><b>Traction</b></p> 	<p style="text-align: center;"><b>Contraction</b></p> 	<p style="text-align: center;"><b>Deep pressure Brushing</b></p> 	<p style="text-align: center;"><b>Deep pressure wrapping</b></p> 	<p style="text-align: center;"><b>Deep pressure squashing</b></p> 	<p style="text-align: center;"><b>Deep pressure pillow squeezes</b></p> 
<ul style="list-style-type: none"> <li>• Tie a knot in the theraband and let the child pull 1 side whilst you hold it, or another child pulls the other side. <b>OR</b></li> <li>• Tie the theraband to a stable piece of furniture and allow the child to pull on it <b>OR</b></li> <li>• Let the child hold the strip and pull it</li> </ul>	<ul style="list-style-type: none"> <li>• Start by holding the child's hand and elbow and firmly push the wrist and elbow together, hold for a few seconds and repeat 3-5 times</li> <li>• Hold the elbow and cup the shoulder and firmly press together and hold for a few seconds and repeat 3-5 times.</li> </ul>	<ul style="list-style-type: none"> <li>• Support the child's hand and start by brushing from shoulder to finger tips</li> <li>• Ensure that the strokes are slow and firm</li> <li>• Move the brushing the whole way around the arm to ensure that the whole arm and hands have been brushed</li> </ul>	<ul style="list-style-type: none"> <li>• Body wrapping - facilitate the child on a blanket to lie with arms by their sides and wrap the child tightly, similar to swaddling for 2 mins</li> </ul> <p>Make sure that the child's face is NEVER covered and if the child is distressed or opts out do not do this activity</p>	<ul style="list-style-type: none"> <li>• Facilitate the child to lie on a mat or carpet</li> <li>• If on tummy – use a pillow or therapy ball to squash, starting from ankles to shoulders</li> <li>• Provide slow, firm but comfortable presses on the ball (as demonstrated by OT)</li> </ul> <p>If on their back – use a pillow or therapy ball to squash ankle to thigh and arms only</p>	<ul style="list-style-type: none"> <li>• Encourage the child to hug a pillow or cushion tightly close to the chest</li> </ul> <p>Or encourage them to give themselves a tight squeeze</p>

## OT SENSORY REGULATION ACTIVITIES

These activities should be carried out daily.

- You can play 60 BPM music from you tube. It is important that the music is regulating
- This programme should take minimum of 20 minutes.
- Keep voices low

It is very difficult for the children to achieve a calm and alert sensory system and they will often either engage in self-regulation strategies which are inappropriate, or not useful such as biting, head banging OR over stimulate their sensory system so they cannot concentrate such as spinning OR shut down and therefore less responsive.

I have made these strategies easy enough to apply at school and home to provide consistency for the children and anticipation. However, 'squashing' and 'brushing' should be demonstrated by an OT before carried out. So, if these strategies look useful for home use then please contact me and I will demonstrate these to you.

**It is important with OT sensory regulation that you follow the child's lead, if they pull away – allow them to and offer the activity again.** Or use a different activity, as no 1 activity will suit everyone. Where possible offer deep pressure and if useful make a visual timetable or a choice board so they can choose the activity they want to do.

**Proprioception is such an important sense**, because if we do not know where our body is in space, how can we concentrate on anything else?! All of these activities will provide proprioception.