




Sensory Modulation

Sensory Over-Responsive	Sensory Under-Responsive	Sensory Seeker/Crasher
		
<p>Red Flags - Behaviors: <i>Frequently bothered by;</i></p> <ul style="list-style-type: none"> ○ Various textures ○ Messy play ○ Barefoot ○ Having hair, or nails cut ○ Grooming ○ Food textures ○ Noise ○ Bright lights ○ Being upside down ○ Swings, slides <p><i>Behaviors frequently include;</i></p> <ul style="list-style-type: none"> ○ Aggressive or impulsive when overwhelmed ○ Irritable, fussy, moody ○ Unsociable, avoids groups ○ Excessively cautious and afraid to try new things ○ Upset by transitions and unexpected changes 	<p>Red Flags:</p> <ul style="list-style-type: none"> ○ Doesn't respond to pain. ○ Doesn't seem to notice when being touched. ○ Dislikes trying new physical activities, rarely initiates them. ○ Prefers sedentary activities. ○ Often seems unaware of what's going on around him. ○ Often seems unaware of body sensations such as hunger, hot or cold. <p><i>Behaviors frequently included:</i></p> <ul style="list-style-type: none"> ○ Passive, quiet, withdrawn ○ Difficult to engage in conversation or other social interactions ○ Easily lost in his own fantasy world ○ Easily exhausted ○ Slow to respond to directions or complex assignments 	<p>Red Flags:</p> <ul style="list-style-type: none"> ○ On the move ○ Likes crashing, bashing, bumping, jumping and roughhousing ○ Strong preference for spinning, swinging or rolling ○ Constantly touches objects, touches and/or intrudes on people ○ Takes risks during play ○ Often licks, sucks, or chews on non-food items <p><i>Behaviors frequently included;</i></p> <ul style="list-style-type: none"> ○ Angry or even explosive when he is required to sit still or stop what he's doing. ○ Intense, demanding, hard to calm ○ Prone to create situations other perceive as "bad" or "dangerous" ○ Excessively affectionate physically.

What to Try at Home

Deep Pressure/Heavy work activities that provide joint compressions and traction help the nervous system feel regulated. Firm deep pressure on the skin usually gives relief to children who are experiencing defensiveness. In general, deep touch pressure and heavy work have a calming effect on most people. Below are some suggested activities to help begin to incorporate into your daily routine.

Safe and Cozy Place- Try to establish a place in your house that is not punitive, where the child can go to self soothe. It may need to be near the “hub of the house” and may be as simple as under a coffee table, behind a couch, rocking chair, old cardboard box.

- ✓ Have oral soothers available (chew toys, sucking candy, chewy foods, jigglers, toothbrush)
- ✓ Have tactile box available (variety of texture clothes to feel and touch, variety of bath sponges, bead necklaces, brushes)
- ✓ Fill area with pillows, stuffed dolls, blankets, sleeping bag

Sensory Over-Responsive	Sensory Under-Responsive	Sensory Seeker/Crasher
<ul style="list-style-type: none"> ○ Rub child briskly with a towel several times a day and after bath ○ Use heavy quilts at night, tight flannel PJ's ○ Push a large ball, wagon or laundry basket filled with items for weight ○ Slow rocking, rolling, linear swinging ○ Bounce on a hoppity-hop ball, or ride on a spring rocking horse ○ Sandwich games (with sofa cushions, mattresses, pillows) <p><u>Transitions-</u></p> <ul style="list-style-type: none"> ○ Provide routines, warnings ○ Snacks, especially heavy-work snacks ○ Headphones, music ○ Jump, hop, bounce to rhythm or music ○ Allow transitional object 	<ul style="list-style-type: none"> ○ Massage with lotion ○ Pillow case with a few stuffed animals in it for weight, sitting in, jumping on, pushing or pulling it up the stairs. ○ Push a large therapy ball, wagon or laundry basket filled with items for weight ○ Jump on trampoline or mattress ○ Bounce on a hoppity-hop ball, or ride on a spring rocking horse ○ Climbing activities, especially at the park ○ Upbeat music ○ Tactile exploration play; bucket full of beans, rice or sand to play in. 	<ul style="list-style-type: none"> ○ Deep pressure to calm ○ Pushing, pulling ○ Bike riding ○ Spin, twirl, swing ○ Fidget toys ○ Provide constant change i.e. change seating positions at dinner, move furniture ○ Sit on ball to engage in fine motor work, meal time ○ Vacuum ○ Sweeping ○ Jumping on trampoline or mattress ○ Fall or jump into pillows ○ Textured/crunchy and chewy foods ○ Sensory bucket filled with vibration, pressure and textured toys.