

SENSORY ISSUE MANAGEMENT IN HOME

OCCUPATIONAL THERAPY UNIT (Department of Therapeutics)

"WHERE THE SMALLEST SUCCESSES
 ARE THE MOST JOYOUS"
 Pinterest. Com

HOME MANAGEMENT

Sensory processing issue are difficulties with organizing and responding to information that comes in through the senses. Kids may be oversensitive to sensory input, undersensitive or both.

UNDERSTOOD.ORG/EN/LEARNING



PROPRIOCEPTION
 BODY SOCK, YOGA, THERAPY BALL, TRAMPOLINE

GUSTATORY
 CRUNCHY SNACK, EXPLORE TEXTURES @ TASTED

AUDITORY
 LISTEN TO MUSIC, NOISE MACHINE, NOISE MINIMIZING EARPHONES, MUSICAL INSTRUMENTS

OLFACTORY
 SCENTED LOTIONS OR DOUGH, ESSENTIAL OIL DIFFUSER

TACTILE
 SAND, RINGPANT, FIDGETS

VESTIBULAR
 BOUNCE ON BALL, ANIMAL WALKS, SCOOTER RICKARD, SWING

VISUAL
 SUNGLASSES, KALEIDOSCOPE, VISUAL TIMER, OIL THER

Some signs of Sensory Processing Disorder / SPD

May cover ears when there are loud sounds such as vacuums, hair dryers, etc. May even scream or cry.

May dislike hair being brushed or cut

May be sensitive to light

May have issues with food textures. Gagging is common when trying new things.

May cry or get upset over clothing tags or textures.

Can't be touched or can't be touched enough

May be an excessive risk taker, crashing into things

May show little or no reaction to stimulation, even pain or extreme hot and cold or overreaction to pain or hot and cold

May have poor coordination.

sensory room activities



Rocking Chair, Read in bean bag chair, Upside Down, Arm Windmills

Toss Bean Bags, Catch on T-Stall, Wall Push ups, Wall Spins

Balance Beam, Weighted Blanket, Fast movement-running, Dancing

Ball Pit, Exercise, Hopping, Jump Rope