

Third Thursday

Simple Sensory Strategies For the Home

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Remember:

Interventions and Strategies need to be

- Age Appropriate
- Useful
- Meaningful
- Functional



Simple Strategies: Auditory System

- Provide calming auditory stimuli prior to a stressful auditory situation
- Limit the time spent in environments with difficult auditory stimulation
- Provide time to engage in pleasant auditory stimulation such as quiet music, rhythm, simple sounds



**Simple Strategies:
Auditory System**

- Use earplugs/headphones
- Use background noise – white noise (ocean waves), air purifier/humidifier
- Walkman with desired music
- Be aware of your (or others') vocal loudness and tone



**Simple Strategies:
Visual System**

- Use visual supports
- Organize the environment (Keep distractions to a minimum)
- Use inclined or vertical surface to place homework

**Simple Strategies:
Gustatory System**

- Introduce undesirable food items in very small quantities – 'grazing'
- Have siblings pass the food to one another
- Provide the desirable food items as reinforcement for simply tasting the undesirable item
- Consider a nutritional assessment if diet is severely limited



Simple Strategies: Olfactory System

- Take caution wearing perfume, cologne, lotions, etc.
- Eliminate multiple odors in the environment in order to determine which type of odor is offensive
- Utilize the natural essences or odors (tend to be more calming)
- Consider using the desirable odors as a reinforcement activity



Simple Strategies: Olfactory System

Create a 'Pleasant Eating Environment'

Definition: 'Environment that promotes a positive experience around the act of eating'

Strategies for Mealtime

- Create 'family meal time'
- Child should not be the focus during meal time
- Provide one food that the child will eat at all meals
- Pass food from adult to child and child to child
- Provide small increments of food at each meal
- Don't punish if child won't try food
- Imitate eating behaviors
- Engage in pleasant conversation
- Play soft music

Structure Meal Time

- Same time/same place (as often as possible)
- Prepare for meal time, let child participate
- Provide a transition activity
- Have child sit at table (if possible)
- Present food family style
- Present three different foods at all meals
- Participation in clean up/cooking

Use of Reinforcement

- Use verbal praise (don't overdo)
- Praise others (siblings/peers) for eating

Communicate about Food

- Talk about food and how it tastes, smells, feels in the mouth
- Discuss changes in foods
- Use fingers/hands to manipulate foods
- Watch videos and comment/describe
- Discuss the 'rumbling' tummy

Simple Strategies:

Tactile/Touch

Proprioception

Vestibular

Promote a 'Calm Body'

- Yoga
- Deep breathing
- Home jobs
- Limit length of homework
- Provide frequent breaks during homework activities
- Incorporate 'special interests' daily
- Engage in outside activities
 - Swimming
 - Horseback riding

Create a calming area in the home



Teach routines to add structure and relieve anxiety

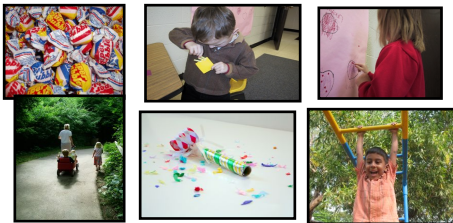
- Use visual supports
- Teach how to ask for help
- Teach when and what to throw away and where
- Teach how to get ready for school
 - ✓Hygiene
 - ✓Breakfast
- Teach how to get ready to go to bed

Simple Strategies

- Use equipment
 - Trampolines
 - Swings
- Home jobs
- Physical activities outside/inside

**Sensory Interventions
Heavy Work and Resistive
Activities
-School-Age-**

Bubble gum
Straw puller
Drawing at Board/wall
Walk
Party blowers
Climbing bars



**Sensory Interventions
Heavy Work and Resistive Activities
-Adolescent/Young Adult-**

Use of tools
Gym equipment
Swimming
Mowing lawn
Shot put



The collage contains five images: 1. A collection of tools including a hammer, screwdriver, and pliers. 2. Gym equipment including a basketball hoop and a bench. 3. A person swimming in a pool. 4. A person mowing a lawn with a lawnmower. 5. A person in athletic wear performing a shot put on a track.

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