

# SENSORY STIMULATION PROGRAMME

Some children are over sensitive to touch, taste, smell, light or movement. This is due to difficulty with modulating (regulating) the sensory input from their environment. Here are some suggestions which may be helpful.

## CLOTHING SENSITIVITIES:

Some children are sensitive to certain types of fabric, which can therefore irritate them. Labels in the back of clothing can cause discomfort and tight fitting clothing can increase restlessness and fidgeting.

Remove labels from clothes and buy loose fitting cotton or brush cotton clothing when possible.

## **Note:**

- Allow the child to first perform these activities on themselves as it is less threatening than someone doing it to them.
- If it causes the child discomfort or irritation or the child finds it threatening, stop immediately. Try something else or try again another day.
- Deep pressure is less irritating than light touch, so begin and end 'session' with activities such as wrapping tightly in a towel or blanket; tug of war or pushing games; bear hugs.

## SUGGESTED ACTIVITIES TO REDUCE TOUCH SENSITIVITY:

1. Use a mini-massager on the arms, hands, legs and feet.
2. Wind-up toys or battery driven toys which give a vibrating feeling, hold in hands or allow to run on skin.
3. Brushing or rubbing the skin with any of the following: a make-up brush, nail brush, toothbrush, loofa or loofa mitt, natural or synthetic sponge (wet or dry).
4. Rubbing the skin with talcum powder, shower gel, shaving cream, hand/body lotion.
5. Splashing with water. Visiting a leisure pool.
6. Ball pools
7. Soft play
8. Tug of war and push/pull games.

## **SENSE OF MOVEMENT:**

Encourage the child to develop their sense of movement by first using activities that involve going forward/backwards or up/down. For example:

- ◆ Jumping on a mini trampoline
- ◆ Sliding down a slide
- ◆ Moving on a scooter board
- ◆ Swinging on swings at the park
- ◆ Going on a see-saw

When child is comfortable with these movements, encourage movement that involves rotation or movement in different directions. For example:

- ◆ Twirling on a swing
- ◆ Going on a merry-go-round
- ◆ Trampolining

If the child feels dizzy, stop the activity involving deep pressure e.g. wrapping tightly in a towel or blanket or giving them a bear hug.