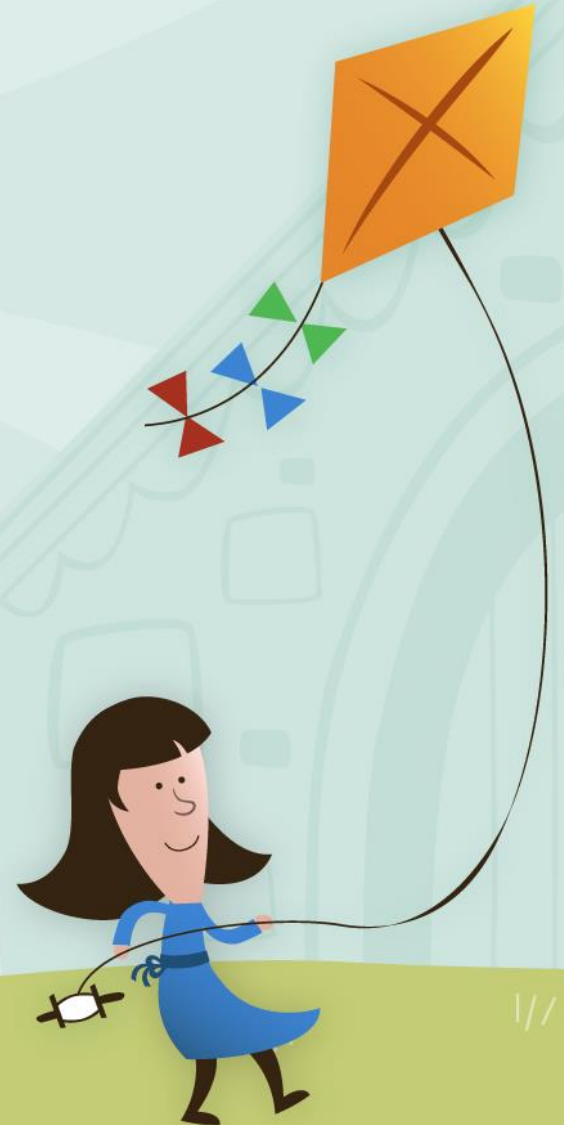


Sensory Supports and Diets

- What is sensory integration?
- How can we integrate sensory integration into home life through sensory supports and diets?



Rochelle Adler, OTR



What is sensory integration?

- ❖ Your body takes in information from the outside world
- ❖ Your body figures out what the information means
- ❖ Your body responds to the information



Hyper-Responsive Children

- Overreact to everything
- Spin under the table
- Always busy
- On the go!



Hypo-Responsive Children

- Underreact to everything
- Easily overwhelmed
- Low affect





See a toy, explore the toy,

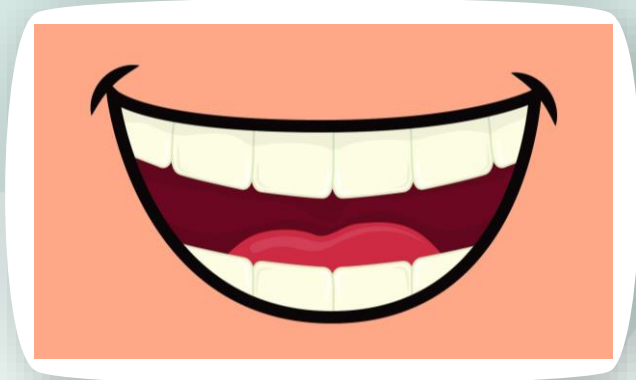


And play with the toy



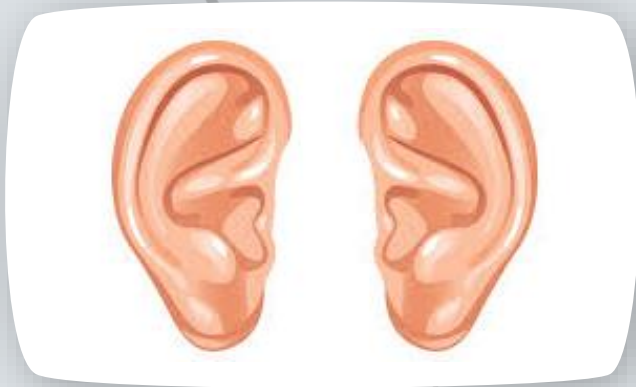
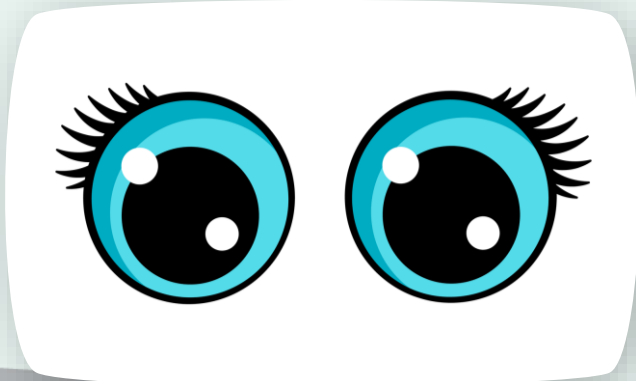


Food exploration



The 7 Senses

- Oral motor
- Visual
- Auditory
- Smell





- Vestibular/Proprioception
- Tactile
- Taste

Self Regulation and Self Modulation

- Our body runs like an engine. Sometimes high, sometimes low.
- We work through sensory integration to get it “just right.”



MORNING ROUTINE



AFTER SCHOOL ROUTINE



HOME SENSORY DIET



JUMPING
PHYSICAL
ACTIVITY



CARRY
GROCERIES



ISOLATED
HEADPHONES

(((VIBRATING)))
TOOTHBRUSH



My Sensory Diet Timetable

Fill in your daily sensory activities below.

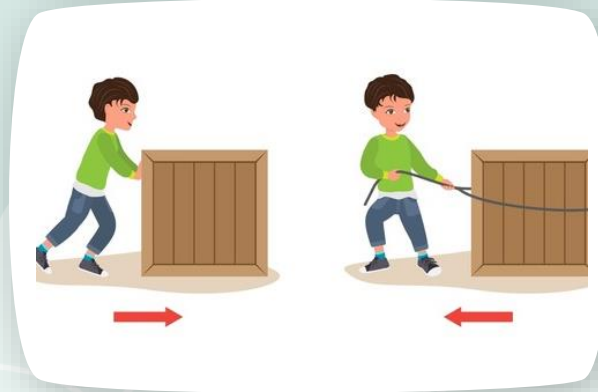
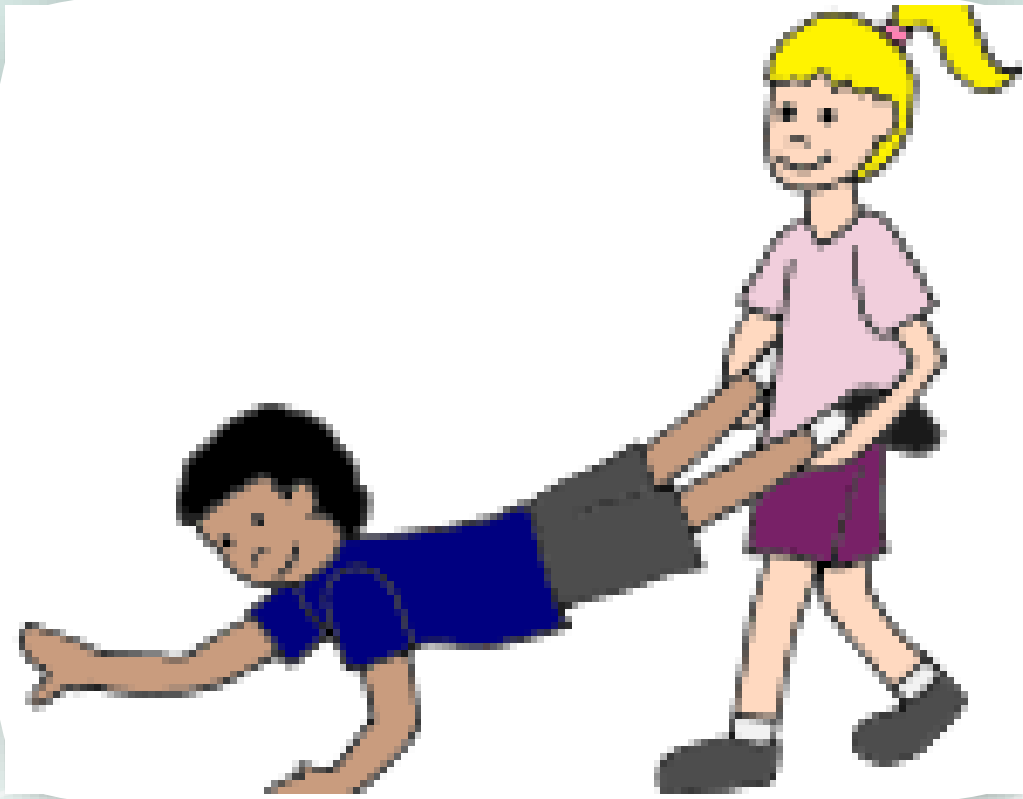
	Morning	Lunchtime	Afternoon	Evening	Bedtime
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

ink saving Eco



ORAL MOTOR ACTIVITIES





PROPRIOCEPTION-
the feeling of knowing where your body is in space

TOUCH



- Play-doh
- Fidgets
- Koosh balls
- Water play toys
- Sand
- Sensory bins



SENSORY BINS

- ❖ Rice/Pasta
- ❖ Sand
- ❖ Shredded paper/Styrofoam pieces
- ❖ Whip cream
- ❖ Pudding
- ❖ Finger paint
- ❖ Play-doh
- ❖ Bathtub paint



AUDITORY



VISUAL

- Ball play
- Target practice
- I Spy game



HOME PROGRAM

