

MARC'S SENSORY OASIS

Sensory-based Occupational Therapy

www.otmarclandry.com

Sensory Calming - Part 2

A valuable tool for mammals

Deep Pressure is calming, organizing, grounding, and relationship building!



WHEN THINKING & TALKING AREN'T ENOUGH

Feeling Attached to someone you care about and who really cares about you is the best way to be grounded and calmed.

CHILDREN ARE PRECIOUS!

Hey! My Brain Doesn't Work That Way!
Exploring Brain Differences
Understanding Sensory Processing
Promoting Self-Regulation
Supporting Stress Management

SENSORY CALMING: "ATTACHMENT" IS WHAT HOLDS IT ALL TOGETHER

Last month, we talked about how to support sensory calming through the body, through the brainstem, and, when possible, through the mind. Sensory calming ideas are listed on the next page, but if you understand the principles, you are ready to do the detective work and see what works the best for you and yours! What I want to say now, however, is that when a person is

frazzled and at the edge of meltdown, you can have all the right tools and still fail if you do not have a strong, solid, and positive attachment with the person who is losing it. Strong attachment keeps the right orbito-frontal area activated and in unison with the limbic system. When you are going through something difficult, having a strong ally by your side is the best way you can succeed.

What my Workshop Covers:

- Science and your body - How Toxins and Medicines are damaging our species
- Review Brain Function and Brain Differences
- How to make learning friendlier to all or "Teaching to the Brain"
- Understand 9 of the senses
- Learn more about Sensory Processing, how it changes from person to person, and how it affects how we feel and how we act
- How to identify and meet a child's sensory needs based on Neurological Threshold Continuum
- Understand the human stress response system and it's impact on learning, behaviour, function
- Teaching Self Regulation (the Alert Program) and how this differs from "emotional regulation"
- Using sensory and motor input to manage levels of arousal - Sensory Diet
- Practical suggestions to help kids calm down
- Doing the Detective Work
- Incorporating Collaborative Problem Solving & Heavy Work
- Using Sensory Strategies to face and manage stress

Sensory Calming Techniques/Activities

Sensory soothing or calming experiences can help any person who is anxious, but are particularly useful for those who are sensory defensive. They help to relax the nervous system and can reduce exaggerated responses to sensory input. Remember not to surprise the child/person with the strategy. Introduce gradually and naturally, or visually model the strategy so the activity happens in the child's environment. Surprises can be exciting, but they are almost never calming.

Passive and Sensory

- warm or tepid bath
- deep pressure massage, back rub using comfort touch
- Joint compressions (or alternate with joint traction)
- hand massage, hand squeezes, finger rolling
- stretches
- snuggling in a sleeping bag, bean bag chair, large pillows
- blanket wrap (neutral warmth) or swaddling for a younger child
- firm pressure and skin to skin contact
- slow rocking or swaying - rocking chair, in adults lap or arms, on tummy in a head to heel direction (rhythmic motion)
- slow swinging- back and forth - in a blanket, or on a supportive swing
- lycra/spandex clothing/snug seamless undergarments
- neoprene vest (deep pressure vest)
- weighted vest or collar (sock filled with beans)
- lap "snake", weighted lap pad, weighted frog
- lavender, vanilla, banana or other soothing smells
- aromatherapy diffuser
- sucking (curly straw, thick shake, frozen popsicle)
- hideout, fort or quiet corner
- fidget toys
- progressive muscle relaxation
- white noise or quiet music with a steady beat
- music with lots of bass, no shrill horns/sudden changes
- bear hugs (child faces away from you)
- hugging a teddy bear, giving self hugs
- finger hugs and rubs
- reduced noise and light levels (turn off the TV, radio and lights)

Be an Ally in Calming and Sensory Strategies!

Active and "Heavy Work" or Proprioceptive

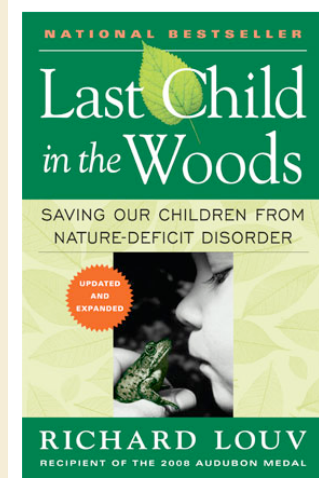
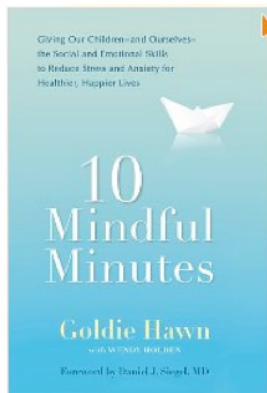
Heavy "Jobs"

- Haul groceries into the house and put things away. (include climbing and hands and knees)
- Sweeping, mopping, wiping boards, desks, raking, mowing, beating a rug
- Dragging hose, leaf bags, wheelbarrow, cart of balls or playground supplies
- Pull linens off of the bed and drag down stairs. Move the sofa or classroom furniture
- Carry laundry basket, carry pots or buckets of water, sand, dirt
- Move books, office supplies, boxes of paper, trash cans, recycling, lumber, firewood
- Chopping, sawing, hammering
- physical exercise, run, roller blade, bike

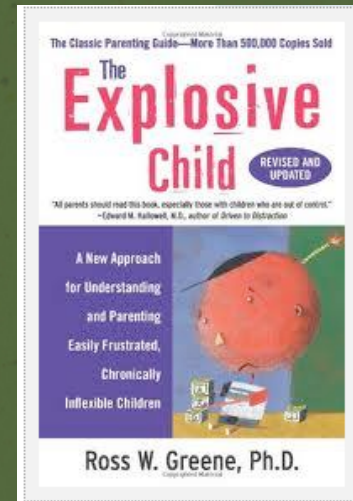
Heavy Play

- Dragging out the box of books, toys
- Magic Carpet - Kids pull each other on a piece of rug or blanket
- Walk like different animals (include plenty of 4 leg creatures, i.e. bear, crab, etc.)
- Jump on a mini trampoline or rebounder
- 2 people sit face to face and rock to "row your boat" with rope or inner tube around them, pulling each other up.
- Fall into a bean bag chair and squeeze up to a pillow
- Encourage hands and knees play with cars, animals (one hand plays, one hand holds you up)
- Sidewalk chalk, digging in a wet sandbox
- Tug of war, Pushing games, medicine ball
- Swinging from rings, bars, jungle gym, hockey
- Broad jump, jumping off of platforms and playscapes

[Click Here](#) to look inside



Sensory Calming is the only missing piece that makes the Collaborative Problem Solving approach the best practice. While I did not like the title, the contents are very child friendly.



Support My Work

recommend someone to my workshop



Participants in my workshop

leave with a better understanding of their own sensory temperament.

- They also have several new ideas to try, for themselves and for their child.
- Parents who engage in sensory based play are more likely to have children with strong attachment.
- Parents who see behaviours as manifestations of brain function can "teach to the brain" and promote

Dealing with the Winter Blues

When winter comes and we are exposed to less sunlight, some people experience bouts of sadness or even depression -- referred to as seasonal affective disorder or S.A.D.

To compensate for less sunlight (which is needed for our bodies to create the hormone known as vitamin D), popular options are to take a good omega-3 supplement and D3, and to use "full spectrum" lights.

Some hardware stores sell "grow lights" designed to mimic sunlight when you grow plants indoors. These are reasonably priced and can be used in place of conventional light bulbs.

Ott lamps are named after John Ott, whose pioneering work in full spectrum lighting showed that not only is sunlight essential for good health but that classrooms using full spectrum lights are more productive and the children are calmer than when they are working under traditional fluorescent lights.

Now that the days are getting longer, we should all start to cheer up a bit, right? Well, when it is dark and overcast (and rainy), it's still easy to produce melatonin even in mid afternoon. Spend some time each day in light that is like the sun, and you will be happier and sleep better too.