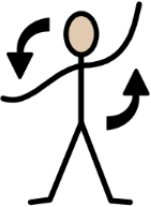







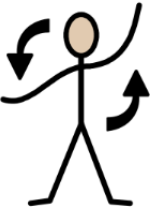
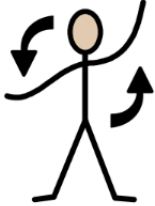
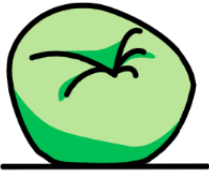




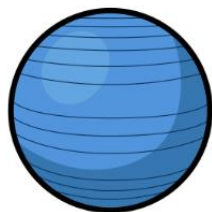
Sensory Diets

A sensory diet is a program of sensory activities people perform during the day to ensure they're getting the input their bodies need. An occupational therapist usually designs it. A sensory diet could look like the one below

Morning	
 <p>Movement</p>	<p>Movement: Where possible, allow your child to spend time being active and playing in the garden before attempting to engage in more sedentary activities. This will support them to access the movement he needs to encourage optimum regulation prior to the transition into more sedentary and tabletop tasks. It is essential children can access these types of activities during the school day to alleviate his dysregulation when he goes home.</p>
 <p>Relaxation</p>	<p>Relaxation: During the transition to and from school your child may benefit from listening to an audiobook or calm melodic music and relaxing before the day ahead. It is recommended that they continue to have opportunity to relax in a low stimulation environment before starting school and at the end of the day.</p>
During the Day	
 <p>Oral</p>	<p>Oral: Drinking through a straw/sports water bottle is effortful and therefore gives more feedback to the mouth. Ice cold water is also particularly good for developing sensory pathways.</p>
 <p>Classroom</p>	<p>Learning Environment: Where possible, placing a child away from sources of noise and commotion such as the door, corridor or bathroom can help them at school. Pick a quiet learning environment which has limited sensory stimuli to avoid distraction.</p>

 <p>Regulating Spaces</p>	<p>Regulating Spaces: It is very important that children are able to create spaces and scenarios where they feel nurtured, relaxed and regulated at school. Building dark and cosy dens, imagining adventures and building spaceships, etc. These times should not be based on demand-based activities, such as board games, and staff should see themselves as facilitators led by the child to create an environment that soothes and is fun.</p>
 <p>Body Awareness</p>	<p>Body Awareness: A weighted lap pad can be made by filling two ski socks with beans and sewing them together. The weighted lap pad can be placed over the child's legs whilst he is seated on the carpet or at the table, this will provide a calming/deep pressure feeling, whilst providing them with additional body awareness and supporting his regulation.</p>
 <p>Focus</p>	<p>Tactile/Concentration: Collect fiddle items to create a 'Fidget Box' of different tactile toys and objects that your child can have access to during more sedentary tasks.</p>
 <p>Tactile</p>	<p>Tactile: During a movement break, supporting your child to carry out some stretches with some therapy-putty will allow them to receive tactile stimulation to their hands and support improvements in their tactile awareness and hand strength. This will be particularly beneficial before any fine motor tasks such as handwriting, as it will improve his awareness of their hands before attempting a controlled pencil grasp or fastenings.</p>
 <p>Movement</p>	<p>Movement Breaks: Regular movement breaks will enable your child to receive vestibular and proprioceptive feedback and support improvements in his concentration. Get up and stretch often when seated for long periods or take a walk to the bin or to get a drink of water. As a rule of thumb, up to five minutes is</p>

	appropriate for every 20 minutes worked (at least, for younger children). Other than this, what's right depends on the needs of your child.
Evening	
 <p>Movement</p>	<p>Movement: At the end of the day where possible, support your child to access some kind of movement, perhaps a walk to the park, horse riding, football or swimming. This will allow them to receive the proprioceptive feedback he is seeking to support positive regulation.</p>
Before Bed	
 <p>Beanbag</p>	<p>Tactile/Proprioception: Sitting on a beanbag will give your child's body lots of feedback, thus, reducing their need to seek sensory input and improve his body awareness so they feel settled and grounded.</p>
 <p>Deep Pressure</p>	<p>Deep Pressure: You could try relaxing inside a sleeping bag stuffed with pillows or under a weighted blanket for your child. This will improve his awareness of their body and support them to achieve a calm state of alertness.</p>
 <p>Heavy Work</p>	<p>Heavy Work: your child can roll over a gym ball to take weight through their arms, this will provide deep pressure which improves body awareness and acts as an organising activity. This will also support your child to improve their core and upper body strength as this activity will be effortful and somewhat challenging.</p>



Gym Ball

Deep Pressure:

Ball Squashes - support your child to lay under a gym ball and provide them with firm deep pressure tactile stimuli by slowly rolling the gym ball over their body. This will support the child to regulate and relax his sensory system.

Safety: If a child is to lay on their tummy, ensure that their head is tilted to the side to prevent suffocation. Should they lay on their back, avoid rolling the ball firmly over their abdominal area and focus on the legs, arms and shoulders.