

TOOLS YOU CAN USE FOR....

EYES

- Limit the number of things using their attention. For example, keeping their room clean and simple – avoid clutter.
- Be aware of how much light is “just right” for your child. Avoid too much or too little, especially in their bedroom or quiet room.
- Post a visual schedule so your child can see what will happen for the day (or draw pictures on a whiteboard)

EARS

- A lot of sound can be just too exciting so limit this as much as possible
- Warm them before a loud or unexpected noise may happen or let them be in control of it
- Some children find it calming to listen to quiet relaxing music, or soft noise from a fan or sound machine, especially when they are falling asleep.

TOUCH

- Carry something small like an elastic band, putty, paper clip, elastic etc. to fidget with as needed
- Give deep pressure (i.e. bear) hugs, sandwich squishes between pillows or a hot dog roll / burrito while the child is wrapped tightly inside a blanket
- Get a massage or teach them how to give themselves one (e.g. rub shoulders, head, hand/foot massage)
- Try different types of clothing – loose and tight fit, various materials (watch for irritating tags, lace and seams)
- Experiment with different types of bedding – heavy versus light blankets, top sheet or not, etc.
- Wrap up in a warm blanket or towel, scrub arms, legs and back with a washcloth after a bath/shower
- Create a sensory bin with rice, beans, feathers etc. and have the child search with their hands for hidden objects

MOUTH

- Consider crunchy, chewy, salty, sour, cold & sweet snacks, depending on preference.
- Lick/suck/chew on a candy or popsicle, drink from a water bottle with a straw
- Blow soap bubble, gum bubbles, whistles or other air instruments and noise makers
- Deep breathing – in their nose (smell a flower), out their mouth (blowing out birthday candles). Count 1, 2, 3, 4, and 5 each time
- Chewy necklace or chewing gum

MUSCLES

- Carefully stretch the legs, arms, back and neck.
- Climb on the playground
- Get a friend and do the wheelbarrow walk
- Push against a wall or partner for push 5s
- Animal walks (e.g. bear, crab, turtle)
- Yoga poses (e.g. Yogarilla)
- Stretch an exercise band
- Be a helper! Push the grocery cart, shovel the snow, dig in the garden, sweep the floor, carry the groceries inside, open/close doors etc.
- Walk up/down hills, climb stairs
- Play tag or safe contact wrestling or rough and tumble play

MOVEMENT

- Rock in a rocking chair
- Go for an easy walk for 5 minutes
- Ride a scooter, slide down a slide, swing on a swing
- Balance on an exercise ball or peanut ball or bounce on a mini trampoline
- Do the hokey pokey!
- Jump / hop like a bunny or frog
- Obstacle course –crawl, climb, jump, roll etc.
- Ride a tricycle or bicycle

NOSE

- Use diffuser or scented candles (aromatherapy)
- Smell something STRONG (coffee grinds, perfume, spicy foods, curry, etc.) or COMFORTING (freshly washed laundry, scented lotion, flowers or your favorite smell).
- Open a window to get the smell of fresh air