

The background is a vibrant blue gradient with several overlapping, curved, layered shapes that create a sense of depth and movement. The shapes are reminiscent of stylized waves or architectural elements, with some appearing as solid blue bands and others as lighter, semi-transparent layers. The overall effect is modern and dynamic.

Sensory Supports at Home

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Components

Sensory Based
Activities
(Sensory Diet)

Environmental
Accommodations



Environmental Accommodations

- Over-responsive Child
 - Decrease sensory inputs in the environment by using low lighting, soft rhythmical music or quiet spaces
 - have a quiet space in your home; small tent, a table covered with a blanket, or a large empty box works well as a quiet "fort"
 - carpet can decrease noise and a beanbag chair or pillows can provide comforting deep pressure
 - Create a consistent bedtime routine



Environmental Accommodations

- Under-responsive child
 - Provide alerting activities to wake up their system
 - Do very active games
 - Alerting music
 - Strong flavor food

Sensory Based Activities: Consider when providing sensory input to a child.

Calming

- Deep pressure
- Neutral warmth
- Slow rhythmic vestibular
- Slow/maintained vibration
- Soft music

Alerting

- Light intermittent touch
- Dysrhythmic vestibular input
- Fast vestibular
- Alerting Music

Organizing

- Heavy work
- Resistive exercise
- Push, pull, lift activity
- Oral motor: chewing, blowing
- Rhythmic tempo



Resources

- <https://www.gonoodle.com/>
- S'Cool Moves:
<https://www.dropbox.com/s/3dz2cctrfyele91/C12Booklet.pdf?dl=0>
- <https://bit.ly/2WsMkmd> (Compilation of Resources)
- <https://bit.ly/2WsMkmd> (Compilation of OT activities)
- <https://bit.ly/2x0NAST> (Mindfulness)