



Early Childhood Specialties

Teacher Training, Tools & Toys

www.EarlyChildhoodSpecialties.com

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Sensory Processing Disorder – a 24 7 Source of Stress!

Learning Objectives – By the end of this training, successful participants will:

- Describe 2 categories of sensory processing problems
- Develop a plan that includes at least one material or activity for soothing each of the 8 senses

Sensory Processing is...

“The neurological process that organizes sensation from one’s own body and from the environment and makes it possible to use the body effectively with the environment” -Jean Ayres

Also known as sensory integration <https://www.sensoryintegration.org.uk/What-is-SI>

Two Categories of Sensory Processing Problems & How It Feels to the Child:

	Hypersensitivities (oversensitive)	Hyposensitivities (under-sensitive)
Sight		
Hearing		
Touch		
Taste & Smell		
Proprioception		
Vestibular Sense		
Interoception		

Sensory Soothers

Sight	<ul style="list-style-type: none"> • Dim the lighting, draw the curtains, or move into a more softly lit space • Turn off overhead florescent lights • Make a "calming down" bottle (preschoolinspirations.com/6-ways-to-make-a-calm-down-jar) • Provide visors or sunglasses
Hearing (in the moment of distress)	<ul style="list-style-type: none"> • Move into a quiet space or turn down the volume. • Sing or hum to the child or play soft music • Provide noise-cancelling headphones • Spend time out in nature

SUPPORTING CHILDREN WITH SENSORY PROCESSING ISSUES IN THE CLASSROOM

(throughout the day)	<ul style="list-style-type: none"> • Provide rainsticks • Make easy egg shakers and fill with different materials • Have a white noise machine • Sing and play call and response songs and games • Have the child clap hands in time with your steady beat.
Touch	<ul style="list-style-type: none"> • Encourage the child to pet the classroom pet or stuffed animal • Offer sensory bins with sand, shaving cream, rice, beans, or water • Provide bean bag chairs and soft blankets to snuggle into • Provide eepworms and other tactile or textured toys
Taste & Smell	<ul style="list-style-type: none"> • Some children love sucking on ice cubes • Try aromatherapy essential oils, such as lavender • Make homemade scent bottles • Provide scented dough • Have herbs and other scented plants • Get the child in the fresh air
Proprioception	<ul style="list-style-type: none"> • Try the "burrito game" • Create a crash-pad with pillows, cushions or foam • Read books lying on your bellies • Provide a weighted blanket, vest or lap-pad (only 20 minutes at a time) • Encourage the child to do "heavy work", then give the body a break
Vestibular Sense	<ul style="list-style-type: none"> • Swing – full movement swings are best • Bounce - on a fitness ball • Rock - together in a rocking chair • Jump – on a trampoline • Spin – in a chair • Scoot – on belly is best
Interoception	<ul style="list-style-type: none"> • Have a set routine or use timers for getting drinks, using the bathroom • Use mindfulness strategies • Yoga • Relaxation exercises • Humming

Helping children learn to soothe themselves

- Teach them to identify their feelings and to notice what is happening in their bodies (Self-awareness)
- Provide lots of:
 - Sensory materials and activities
 - Opportunities for individual adult-child interactions
 - Words for emotions
 - Materials and activities about feelings

Resources:

Children with disabilities: Classroom visuals and supports. (2018, Jul 16). Head Start | ECLKC. <https://eclkc.ohs.acf.hhs.gov/children-disabilities/article/classroom-visuals-supports>

Dr. Dan Siegel's Hand Model of the Brain - https://www.drdansiegel.com/resources/everyday_mindsight_tools/. Also available at <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Head Start. *Help me calm down! Teaching children how to cope with their big emotions.* (n.d.) <https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/help-me-calm-down-teaching-children-how-cope-their-big-emotions>

Mind Yeti. (2017, Aug 25). *Hello, Breath with mind yeti.* [Video]. YouTube. <https://www.youtube.com/watch?v=j72bKqsOHA8&t=10s>

Rymanowicz, K. (2017, Jun 2). *Expanding your young child's emotional vocabulary.* Michigan State University Extension. https://www.canr.msu.edu/news/expanding_your_young_childs_emotional_vocabulary [Children's list of feeling words]

Safe place breathing icons [relaxation techniques]. (n.d.). Conscious Discipline. <https://consciousdiscipline.com/resources/safe-place-breathing-icons/>

Sensory Processing Disorder [Video]. Jsim24. - <https://www.youtube.com/watch?v=-GPpbvtiwc0>

Zorn, A.(n.d.) *Self-Awareness – Name it to Tame it.* Bounce-Back Parenting. <https://bouncebackparenting.com/two-activities-teach-basics-emotional-regulation-kids/>