

TACTILE



Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing:

- Avoiding: this child typically “avoids” situations and textures that are overwhelming to them
- Seeking: this child can’t get enough stimulation and “seeks” out exciting things to touch
- Under-responsive: this child doesn’t seem to notice much around them

Sensory Treatment

- Modulation: using preferred input before, during, and after activities to make the child feel “just right”
- Remediation: Gradually introducing non-preferred stimuli over time
- Adaptation: Adapts the activity for success

Touch Avoider

Your child might be very sensitive and grow upset when something touches them (getting their hair or nails cut, brushing their teeth)

- Start with touch and textures your child likes and slowly let them explore new ones
- Make sensory bins with dry materials (rice, beans, pasta), and allow your child to explore them with spoons or their favorite toys
- Make it fun by finger painting with shaving cream or pudding (allow your child to start with q-tips then progress to using their fingers)
- Involve your child in gardening activities with gloves
- Encourage your child to help you with meal preparation where they can pour and mix ingredients for direct contact

Touch Seeker

Your child is constantly seeking input that can take away from focusing on tasks

- Give your child small items they can take when they leave home (small sensory balls, fidget toys)
- Sensory bins with different materials (kinetic sand, water beads, dry beans, rubber toys, smooth stones, fabric scraps)
- Engage in crafts with different textures (feathers, felt, foam sheets, glitter)
- Involve your child in meal preparation or baking where they can knead dough, use cookie cutters, and ice the cookies
- Let your child play in a fabric scrap bin where they can sort and arrange the different textures

Under-responsive to Touch

Your child doesn't seem to notice touch and might need extra input (does not realize their face is dirty after a meal)

- Ensure safety and hygiene by having your child use their sight (looking at things they are touching, looking in a mirror to clean their body/face)
- Create textured scavenger hunts where your child must find and identify objects with different textures
- Encourage messy play with shaving cream, finger paint, mud, and Play-Doh



Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here



Therapist Notes
