



Physical Rehabilitation Department

Sensory Integration Therapy

Guidelines FOR HYPER SENSITIVE CHILD/Less Active Child

SENSORY PROCESSING DISORDER.

In his type of sensory related problem the child has difficulty in responding to his/her surroundings from where he/she is receiving a lot of sensory stimulus through his his/her body parts like

- Hearing form ears.
- Touch from skin (touch with hands or feet or all over the body or even with tongue)
- Smell from nose.
- Taste from mouth.
- See with eyes (different types of light; sharp or dim)
- Balance (how to control body in different spaces like uneven surfaces)
- Recognition of body or feeling his body comfortable or uncomfortable in different spaces like messy area, narrow area like corners or widened areas like big rooms or halls

Child does not understand how to react to cope up with different environmental conditions.

Hypersensitivity (HIGHLY SENSITIVE)

In this particular condition, child shows more reaction to his/her environment and become restricted to utilize his/her body in a normal way.

e.g.

If a child is highly sensitive to touch hard things he will try to avoid those objects.

Hypo- activity (LESS ACTIVE CHILD)

As a result of over-reaction to his/her environment, child becomes over-protective and shows low level of energy or tries not to do that particular activity.

e. g.

- Avoid jumping
- Avoid taking swings
- Avoid brushing
- Avoid wearing socks
- Avoid wearing tight clothes
- Avoid to walk on carpets or grass
- Avoid to be touched by anyone even while taking bath, or combing or moisturized with lotion etc.

WHAT PARENTS SHOULD DO?

Parents should understand how to make the particular environment at home feasible for those children so this type of avoiding behavior can be made normal to some extent.

The parents need to give stimulus to this particular type of child in a gradual way so that he or she can be made used to with that particular type of situation and his/her over-reaction can be settled to some extent.

If the parents understand how to fulfill the sensory need of their children, the suspected difficulties in handling of children can be resolved to great extent.

Following instructions will help the parents how to deal with their child if he or she has particular over-sensitivity/high sensitivity.



PROBLEMS AND THE POSSIBLE WAYS TO HANDLE HYPER-SENSITIVE/HIGHLY SENSITIVE CHILD

PARENTS SHOULD TAKE NOTICE:

It is necessary to fulfill the particular sensory need of child in a day according to instructions of relevant therapist so that he can be made comfortable as much as possible.

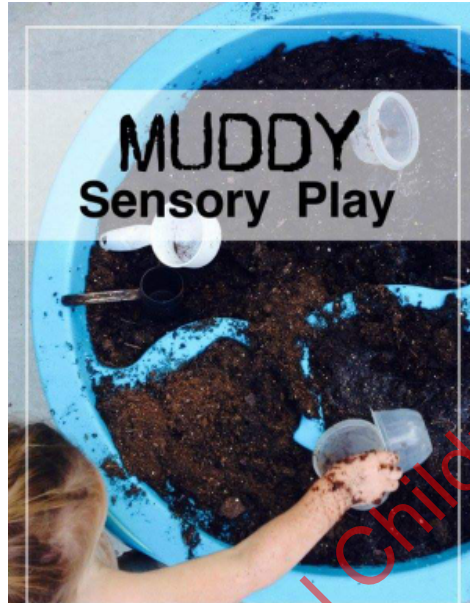
GUIDE WILL HELP PARENTS:

Following guidelines will be helpful for the parents for understanding how they can make their child habitual by exposing the child to particular things according to sensory need of child.

To understand these guidelines, parents should first understand and recognize the problems of their child that what particular sense is basically disturbing the child.



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Problem:

Avoid Hugs and physical contact.

Manage:

Try to make the child play with the bear and hug.



Problem:

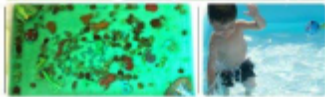
Dislike getting face and hand wash.

Manage:

- Give some paint to play with the Finger and ask him to paint on paper.
- Put some favorite toys in a water tub and ask the child to pick one by one.
- Painting with shaving cream



Water Play Activities



Problem:

Over react to light touch.

Manage:

- Hand massage with lotion, oil, any cream.
- Rubbing with different Textures (cotton, towel, velvet and smooth or rough clothes)

Tactile



Brushing



Lotion Rubs



Fidget Toys



Sand/Rice Play



Finger Paints



Plush Animals

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Problem

Dislike hair brushing.

Manage:

Apply brush on skin or hair to calm down.



Problem:

- **May refuse to walk in grass or sand bare foot.**
- **Avoid standing close to others.**

Manage:

- Deep pressure activities includes, let your child lie on a mat or folded blanket and place pillows on top to make him into a pizza or sandwich.
- Weighted vests, weighted blankets are also effective.
- Finding objects in rice, sand and beans
- Making sand castle to play with sand.
- Child should walk on different texture surfaces.

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Deep Pressure



Bean Bags



Body Pillows



Cushions



Sleeping Bag



Pressure
Vests



Hugs



Message



Brushing



Therapy Ball



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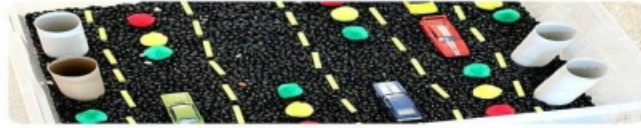
Dry leaves, dry mud, slightly wet mud etc.



no mess
SENSORY WALK



Different textures:



VEHICLE Sensory Bins



Different grains, beans can be used.



Toys hidden in mud, sand etc.



Crushed grains can be used.

Problem:

Can be distressed by clothing such as tight pants socks and new textures.

Manage:

Try to avoid these type of clothes and make him feel relax and easy.

SENSE OF HEARING:



Problem:

- Fearful by the sound of a flushing toilet.
- Vacuum, hair dryer and dog barking
- Runs away, cries and covers ears.

Manage:

- Gradually introduce the child to noisy environment by slowly increasing the time spent in these settings.
For example
- Play matching sounds
- Play games to Connect moments with sounds



Problem:

- May refuse to go to movie theaters, parades and concerts etc.
- Get distracted by background sound which others may not notice like air conditioner.

Manage:

- Seated the child from hearing distraction, such as fans, heaters windows, air conditioner etc.
- Allow the child to wear ear defender to reduce the noise activities.
- Headphones



- Let the child to listen Calming music.

HEARING ACTIVITY INSTRUMENT like Xylophone, Guitar, Piano, Drum

Auditory activities



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VESTIBULAR SENSE SYSTEM

(Sense of balance and movement)

Problem:

- Scared of SWING Activities where there is need to control body.

Manage:

Exposure to Slow Rhythmical movement like swinging

Swings



Sitting



Lying



Standing



Cuddle Swings



Spring Swings



Bolster Swings

Problem

Avoid play ground or gym equipment

Manage:

- Jumping on trampoline or bed



- Bouncing on gym ball.



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Vestibular Tools



Sliding



Rocking



Spinning



Jumping



Swinging



Bouncing

Problem:

- Fearful of feel leaving the ground.
- Poor balance and clumsy.

Manage:

- Swinging, sliding
- Spinning, rocking on chair, bouncing on ball movement





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Vestibular Tools



Sliding



Rocking



Spinning



Jumping



Swinging



Bouncing

Problem:

Avoid stairs or hold on tightly with both hands on the railing.

Manage:

- Hanging upside down. Riding on tricycle and bikes
- Stairs climbing with the help of care giver.

Vestibular Tools



Sliding



Rocking



Spinning



Jumping



Swinging



Bouncing

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PROPRIOCEPTIVE SENSE SYSTEM

(Sense of body awareness and body position)

Problem:

- Frequent crashing, bumping while climbing or jumping.
- Frequently hits, bumps or pushes other children.

Manage:

- Hit, kick, bounce, throw ball.
- Climb, crawl, scoot, and pull self.
- Crashing on bed, beanbags



The Simplest
Sensory Trick
for
Calming



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Proprioception



Exercise



Carrying



Crashing



Wrestling



Climbing



Pushing



Pulling



Ball Play

Problem:

- Avoid energetic activities (running, jumping, and climbing)

Manage:

- Run, jump, and skip.
- Wall push ups
- Catching and throwing ball



Proprioception



Exercise



Carrying



Crashing



Wrestling



Climbing



Pushing



Pulling



Ball Play

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Problem:

- Prefer to sit still.
- Seems uncoordinated

Manage:

- Lifting, carrying, push/pull.
- Wheelbarrow walking.
- Weighted vests, lap pads.



Proprioception



Exercise



Carrying



Crashing



Wrestling



Climbing



Pushing



Pulling



Ball Play

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Weighted Equipment



Blankets



Snakes



Vests



Lap Pad



Belt



Ankle/Wrist

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SENSE OF SMELL

Problems:

- Avoid particular smells
- Refuse to eat certain foods because of their smell
- Avoid particular smells Refuse to eat certain foods because of their smell
- Dislike or negative reaction about certain smell which usually others like.
- Bothered by house hold or cooking smell

Manage:

- Try to smell different soothing smells like Lavender and Vanilla
- Blind fold Smells (cover the eyes and give the child any food to find out what smell is that)



- Scented paly dough



- Scented finger painting
- Guess the Scent
- Scent matching

- Aroma therapy(tea or chocolate or any food aroma taste and smell)

SMELL ACTIVITIES.

Olfactory activities



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SENSE OF VISION (sight)

Problem:

Sensitivity to light

Manage:

Use Dim light

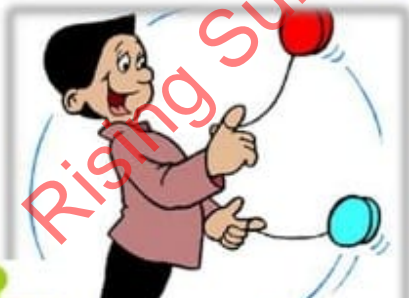
Problem:

Distracted by visual stimuli

Manage:

Repetitive/predictable motions (lava lamps or fish tanks)

Visual activities



Problem:

Has difficulty in bright colorful rooms.

Manage:

Limit the amount of visual materials hanging from ceiling or wall.

Problem

Trouble holding eye contact, Rub eyes has watery eyes and enjoys playing in a dark.

Manage:

- Eye tracking (child move eyes with moving objects of bright light and colors)
- Use Visual timer

Use puzzles activity for eye-hand coordination.



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SENSE OF TASTE

Problem:

Difficulty with new foods

Manage:

- Try one new food before dinner.

Problem

Chewing or swallowing

Manage:

- Blow bubbles
- Blow whistles and other instrument

Problem:

Difficulty using straw

Manage:

- Apple sauce through straw /Blow paint with straw
- Non-food items for child resistive to blowing, sucking or chewing



Blow Painted
Peacock



Problem:

Avoid certain texture of food

Manage:

- Play taste guess



- Make an edible necklace.
- Use tether or soother

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Oral Sensory activities (TASTE)

Oral activities



Precautions!

- Do not force stimulation on resistant child.
- If possible, let child control the stimulation.
- Vestibular stimulation (balance and body control activities like swing) is strongest stimulation and can **Over-stimulate child so follow instructions of relevant sensory therapist.**
- Only allow spinning under close observation by a **guardian.**
- Blinking, bright lights and intense movement can **stimulate seizure/fits activity. So follow instructions of the relevant therapist.**

Important points to keep in mind:

- In general, watch child closely. If they resist or become Very lethargic/Sleepy stop the stimulation.
- Remember...stimulation is to calm, alert, and organize the child. Any other reaction may be an alarm to stop.

Need to make the environment comfortable for children at

home:

- Create a quiet area to be used.
- Limit visual over-stimulation (extra lights, lamps) on walls.
- Avoid overhead lighting.
- Play soft, calming background music.
- Proper sitting accessories to avoid any type of injury.
- Control noise level.
- Use a soft voice.
- Beanbag cushions or mat to use as crash pad (to perform safe hopping or jumping).



References:

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