

FIVE TECHNIQUES TO HELP WITH ROUTINES

FOR INDIVIDUALS WHO HAVE DIFFICULTY WITH CHANGE IN ROUTINES

1

VISUAL SCHEDULE

Create a schedule with pictures of each step in a daily routine, with check boxes that your child can check off when complete.

Visual schedules also can help adults and young adults increase their independence with routines.



2

GRADUAL CHANGE

Make small changes to your routine over time, rather one big change.

3

NATURAL END

Have a natural end to activities to easily transition to the next.

Ex: "Let's fit in 5 more puzzle pieces and then it will be time for dinner"

4

FOLLOW THROUGH

Follow through with requests, and provide positive reinforcement only when the request is met. Ex: "Let's finish brushing teeth and then we can watch TV"

If a child has difficulty completing something, give them encouragement and assistance to complete the task, rather than allowing them to stop before completing. Otherwise they may learn that they don't have to follow the routine when it gets difficult.

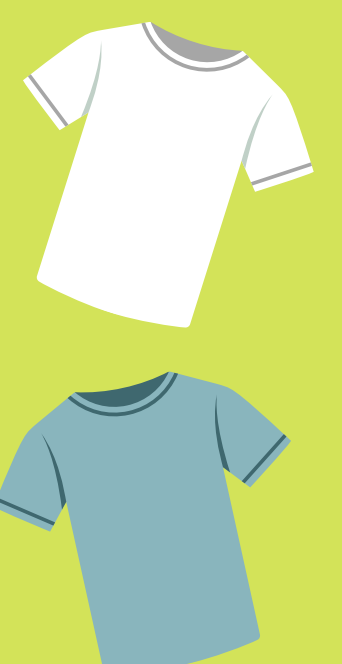
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GIVE CHOICES WITHIN THE ROUTINE

"It's time to get dressed, which of these 2 shirts do you want to wear?"

"It's time to eat lunch, would you rather broccoli or carrots?"

Tip: the number of choices given depends on what your child can handle. Having too many choices can be overwhelming for some kids.



TECHNIQUES FOR SENSORY INTEGRATION

UNDERSTANDING SENSORY INPUT LEVELS

- Some children seek sensory input, while others avoid it.
- Sensory preferences can vary across different senses.

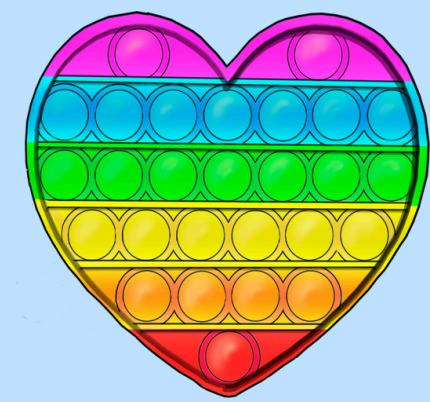
TECHNIQUES FOR SENSORY SEEKERS

Proprioceptive Input (Deep Pressure)

- Firm squeezes
- Bear hugs
- Weighted blankets
- Arm and hand massages with lotion (providing deep pressure throughout)

Movement-Based Input

- Fidgets to keep hands busy
- Movement breaks during seated activities
- Wobble cushion or stool
- "Heavy Work" Activities: Carrying a laundry basket upstairs, putting pots away, playing wheelbarrow race



SENSORY AVOIDERS

- Avoid auditory overstimulation
 - Ex: noise cancelling headphones
- Avoid visual overstimulation
 - Ex: limit bright lights

SENSORY BINS

Hide small toys in a bin with rice, beans, or sand for tactile (touch) exploration.



ALTER THE ENVIRONMENT

Modifying the environment can help you support your child's sensory needs.

For children seeking input, providing it can help them self-regulate.

FOUR TECHNIQUES TO HELP WITH FOOD AVOIDANCE

FOR CHILDREN WHO HAVE SENSORY DIFFICULTIES WITH FOOD

SENSORY CHALLENGES

Sensory sensitivities can make trying new foods or eating certain foods challenging, leading to selective eating habits.



1 FOOD PLAY

Allow your child to explore the new/non preferred food through play first, such as making it into a face, having it swim, turn it into a train, making towers with it, etc.

2 FOOD CHAINING

Make small, gradual changes to preferred foods. When introducing new foods, only change one component of preferred foods. Ex: For a child who prefers plain omelets, offer an omelet with cheese in it.

GRADUAL EXPOSURE

When introducing a new food, use gradual exposure. Start by having your child look at the food and describe it ("What color is it? Does it look soft or hard?"). Praise them for completing this step. Progress through touching, smelling, licking, taking a small bite, chewing, and swallowing, each step done separately. If they resist a step, stop and try again later (it is important not to force any foods).

A visual checklist can help motivate them to complete each step.

3

4

INCORPORATE NON PREFERRED WITH PREFERRED FOODS

Whenever working on acceptance of non preferred foods, always provide a preferred food.

Ex: have your child dip an apple slice (non preferred) into caramel sauce (preferred)