

Regulation

1

Consistency and Routine

Plan the day and each transition that is required. This can be, from entering and leaving school to transitions between lesson, breaks and classrooms.

2

Using Sensory Tools and Strategies

Using strategies such as 'breaks' (movement, brain and sensory), Sensory Motor Circuits and tools such as putty, weighted equipment, and chewie's can help to maintain positive regulation.

3

Developing Self-Regulation Skills

Talk to the children about positive strategies that have worked for them previously. If something is working, then stick to it. Talk about what you have done yourself when you have been overwhelmed.

4

Creating a Sensory-Friendly Environment

Always consider the impact of the environment the child is in. What is the noise level like? Are adults talking to each other? How is the temperature and lighting? Does the child have access to fiddle tools.

5

Understanding Sensory Preferences

Each child has different sensory preference and needs to aid their regulation. What works for one child, does not always work for another. Consider each child's sensory preferences and tailor support and tools, to each specific child.

6

Co-regulation

It is important that staff supporting children are calm and regulated themselves. "A dysregulated adult, can never regulate a dysregulated child". Use a calming voice and active listening to help them regulate.

What is Sensory Regulation

Sensory regulation, also known as sensory modulation, involves managing and responding appropriately to sensory input. It's crucial for maintaining focus, emotional balance, and overall well-being. To achieve effective sensory regulation, several elements are essential. These are indicated above, and all need careful consideration.