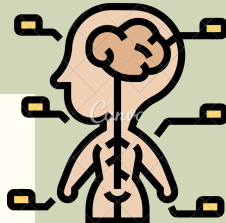


Why...

Deep Pressure Touch Helps...



* **Deep Pressure touch** is firm but gentle touch, squishing, hugs, or holding that is calming and grounding for the nervous system.

The sympathetic nervous system (SNS) is the "alert" system in the body (stress response).

When the SNS takes the lead for too long, you feel anxious, tired, on edge, and irritable. This is also known as the "**fight, flight, freeze response**".

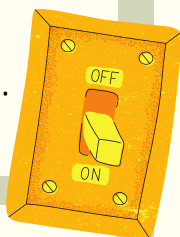


The parasympathetic nervous system (PNS), brings a sense of calm and peace to the mind and body.



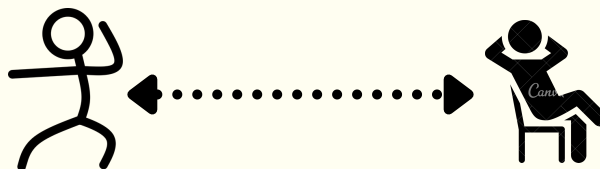
When the PNS takes over - your heart rate slows, muscles relax, and circulation improves.

When you **apply deep pressure** to the body, the **body switches** from running its sympathetic nervous system (SNS) to its parasympathetic nervous system (PNS).



This is the so-called switch from "fight or flight" to "rest and digest".

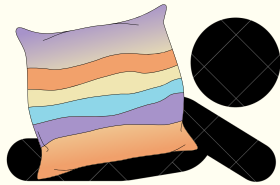
When **deep pressure** is applied to the body, the **parasympathetic nervous system is activated** which helps **calm & ground** you or your child.



* **Deep pressure touch** is organizing and grounding... AND can help a child know where their body is in space - where they begin and end which can be relaxing! This type of touch provides proprioceptive input to the entire body.

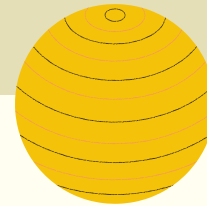
10 Activities for... Regulation (Deep Pressure)

Here are some ways to give your child the deep pressure touch they may be seeking AND/OR to calm the nervous system out of a stress response!



#1. Pillow Squishes

With your child laying on their tummy, gently press a pillow(s) on top of your child. Ask if the pressure is too much or too little.



#2. Rolling Ball (aka Pizza or Sandwich)

With your child laying on their tummy gently roll a ball over their body (not head). "Make them" into a pizza or sandwich by adding more toppings each time you roll the ball over them.



#3. Bean Bag Taps

Child can use beanbags or small soft ball to safely apply moderate pressure in the form of tapping to the arms, legs, hands and feet.



#4. Sitting in a Bean Bag Chair

...or any tight cozy place like an empty laundry basket or hammock, a Peapod, between couch cushions, a lycra swing or under lots of blankets



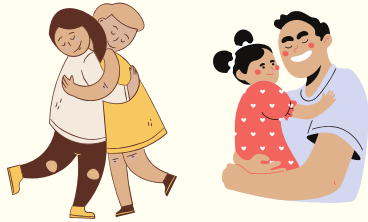
#5. Weight or Compression

Compression clothing, weighted blankets or weighted animals or weighted vests (less than 10% of child's body weight). Monitor for safety & ensure child can remove independently for safety.

Deep Pressure is firm but gentle squeezing, hugs, or holding that is relaxing for the nervous system and helps a child feel and know where their body is in space which both calming & regulating for the nervous system.

10 Activities for...

Regulation (Deep Pressure)



#6. Hug or Cuddle

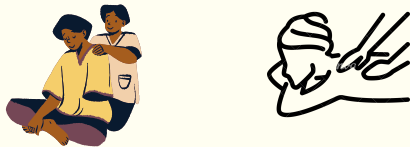
Giving your child a big hug, cuddle, even bear hug or tight squish and breathe together. Both of you can receive the calming benefit.

Here are some MORE ways to give your child calming deep pressure touch... or you may use some of these tools yourself!



#7. Bath or Swim

Being in a bath or swimming in a pool, your child's body is receiving input from all sides which can be VERY calming for many children.



#8. Massage or Back Rub

Using firm, long strokes to massage or rub your child's back, arms, or feet. Even just a firm touch and leaving your hand placed on their back may be calming.



#9. Push-ups

Push-ups on the floor, chair push-ups, wall push-ups, pushing their feet against your hands can all give your child's muscles lots of calming input!



#10. Pretzel

Crossing your arms & legs into a pretzel and taking a few breaths is a super calming, deep pressure position.

Find out how:

<https://bloomingabilities.com/pretzel>

* Does your child seek out cuddles, nestle or push into you, or even lean, rest or tackle you or others?

They could be seeking deep pressure touch.

