

Treatment Concepts for Sensory Processing Difficulties

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Tactile

Over-Responsive

1. Avoid light touch, unexpected touch
2. Stay in child's line of vision
3. Help child tolerate stimulation from his environment gradually – self imposed better
To increase tolerance:
 - a. Provide tactile box with non-threatening textures (cuddly animals, smooth rocks, materials, etc.)
 - b. Have child self-impose putting on lotion, rubbing self with bath mitt or towel
 - c. Touch pressure by skin contact on a surface – roll or crawl on grass, carpet; roll up in blanket
 - d. Play in textures (dry first, then wet)
 - e. Touch pressure by others – wrestling, etc.
4. Decrease/adjust situation/items that are irritating to child
5. Provide activities with deep touch and pressure, muscle resistance and joint input
6. Provide vestibular (movement) inputs that are calming (linear movements, slow rocking)
7. Combine deep pressure and movement together
8. Brushing program may be appropriate
9. Provide hide-a-way for child when over-stimulated
10. **Oral:**
 - a. Increase tolerance to stimulation in the mouth
 - b. Provide deep pressure in mouth via chewy or crunchy goods or substances, pressure from lollipops or other sucking items, manual pressure
 - c. Some enjoy nuk brushes, vibration in or around mouth
 - d. Provide chances for resistive sucking
 - e. Gradually increase texture in foods

Under-Responsive

1. Provide loads of tactile sensory activities throughout the day
2. Provide lots of deep pressure, muscle resistance, joint input
3. Encourage localization of tactile input – use stickers on arms or legs and encourage child to find them
4. Tactile discrimination games

Vestibular

Over-Responsive

1. Gradually increase tolerance to vestibular experiences
2. Use controlled linear movements first and allow child to impose on self as much as possible
3. The child should be in control of the amount and type of movement that occurs during and activity – keeping feet near ground
4. Progress to activities the child can do in prone while still controlling the amount of activity

Proprioceptive

Under-Responsive

1. Provide lots of vestibular (movement) activities
2. Incorporate quick changes in movement in games/activities

Under-Responsive

1. Improve body awareness
 - a. Help “map” body whenever possible
 - b. Play in material that “wraps” child – beanbags, pillows, hammock, balls, etc.
2. Provide lots of deep pressure, heavy work opportunities

Visual

Over-Responsive

1. Reduce visual stimuli when possible (bright lights, people moving, clutter)
2. Organize visual stimuli to help calm/focus child
3. Avoidance of eye contact may help child focus
4. Take advantage of other sensory strengths in treatment – auditory, kinesthetic

Under-Responsive

Increase visual attentiveness:

1. Follow flashlight in the dark
2. Find objects, put away
3. Walk outdoors – point out things
4. Throw beanbags/ball etc. at targets
5. Pop soap bubbles with “magic wand”
6. T-ball
7. Use spoons/shovels to transfer materials
8. Roll a glow ball back and forth
9. Looking at books

Auditory

Over-Responsive

1. Gradually increase tolerance to noise
2. Lower frequencies may be more comforting (drums playing, etc.)
3. Keep voice low and calm
4. Keep directions simple – avoid overloading with language
5. Reduce auditory distractions

Under-Responsive

1. Establish eye contact before speaking to child
2. Point out sounds in the environment and help child identify
3. Allow wait time in response from child