

February Newsletter



K.I.D.S. Therapy

More Tips on How to Make Daily Routines Go Smoothly

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What to do when your child is sensitive to touch

Some children avoid daily routines such as dressing and brushing their teeth because they are sensitive to certain types of touch and display an overresponsive reaction. Your child might not like tags on his/her clothing or the way the tooth brush or tooth paste feels in his/her mouth. This can make the simple tasks of getting dressed and brushing teeth extremely difficult. Sensory sensitivity is something that can be determined during an occupational therapy evaluation, but if you notice that your child has some sensitivities, then here are some tips that might help.

*First it is important to understand how your child might be feeling. It is hypothesized that children who are **overresponsive** to sensory stimuli perceive certain types of sensory stimulation, such as brushing hair or the feeling of clothing, as *dangerous*. These children may exhibit *flight-or-fight responses* to sensory stimulation that seems perfectly normal to most children. These children may try to control their environment so they can avoid activities that make them uncomfortable and cause them to have a flight-or-fight response. Predictable and consistent routines help these children feel safe. Try using some of the following calming sensory strategies before, during and after stressful daily routines.
*Start with making a daily schedule or routine chart with your child. This will give them a sense of ownership and he/she will be more likely to follow the daily routine and be better prepared for those

activities. Make sure to set up realistic routines that are age appropriate for your child. **Developmental milestones** are achieved within an age range. Make sure to help your child with tasks that are above their skill level.
*Next, establish a **reward system** to help support daily routines. With your child, make a list of rewards they can earn when they complete their morning routine or a task within their routine. Start off with providing the reward immediately and then gradually increase the number of stickers he/she has to earn before receiving the reward. Make sure the goal is attainable as we want them to be successful.
*Help your child prepare for stressful routines by participating in **calming activities**. For example, encourage your child to play outside, ride his/her bike, jump on a trampoline, swing, or participate in animal walks (e.g. crab walks, frog jumps, walking like a duck, etc.).

*Set up a calming environment by listening to soft music with lower frequencies, using calming scents during bath time such as lavender, dimming the lights or using natural lighting, and avoiding fluorescent lighting.
*Use positive reinforcement by verbally praising your child for completing all tasks and check off each task using a list or visual schedule (see example on pg. 2).
*Try massaging your child with lotion after bath time using firm pressure.
*Make a touch container for your child to play with and explore touching different textures. Model how to touch the different objects, but do not force your child to touch anything. Coercing or forcing your child to touch a texture that is uncomfortable to them may have a negative effect.

Remember to have fun with your daily routines!

Inside this issue:

ROUTINES Part II

Ideas to Help with Daily Routines When Your Child is Sensitive to Touch

How to Make a Routine Chart

Ready to Use Routine Pictures

Touch Container Ideas

The tactile container could include fabrics with various textures, sponges, and paint brushes. You can fill a container with rice, beans, sand, or salt and let your child play.

Different Daily Routines

Morning Routine

Homework Routine

Chore Routine

Feeding the Dog

After School Routine



How to Make the Daily Routine Chart

Materials:

- daily routine pictures (use pictures below or look online)
- paper
- glue

Directions:

1. Cut out daily routine pictures from below. You can also find more pictures to fit your child's specific daily routine by searching online.
2. Make a chart by hand or a table on Microsoft Word (see below). Include each day of

the week on the top and the routines on the left hand side. Attach or glue the daily routine on the chart.

3. The chart can be laminated if you would like to reuse it or you can make several colored copies to use throughout the month. Colored pictures can help your child notice what comes next and it can help increase interest their level.



Make a routine chart with your child. This will give them a sense of ownership and he/she will be more likely to follow the daily routine. Allow your child to decorate the chart to make it fun!

Age Range for a Few Daily Living Skills
(This is just a range. Each child is different.)

2.0 Years Old

- Removes unfastened clothing
- Takes off unfastened shoes
- Helps pull-down shirt
- Finds armhole in T-Shirt
- Removes elastic pants/shorts
- Puts on front-button shirt

3.0 Years Old

- Put on socks
- Put on shoes
- Put on pull over shirt

4.0 Years Old

- Button medium size buttons
- Put on socks
- Put on shoes without fasteners
- Able to zip and buckle

5.0 Years Old

- Dress unsupervised
- Makes a sandwich
- Puts dirty clothes in the hamper
- Puts away toys neatly
- Makes bed

Sample Chart Daily Chart with Reward System:

Bedtime Routine	Monday	Tuesday	Wednesday	Thursday	Friday
 Put on my pajamas.	★				
 Brush my teeth.	★				
★ Total Stickers or Points	2				

1 sticker earned for completing each task.

5 stickers = 10 minutes of extra play time

Routine Pictures – cut out and use



Wake up



Get dressed



Eat breakfast



Brush Teeth



Get my things



Take a bath



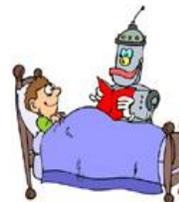
Put on pajamas



Brush Teeth



Go potty



Read



Go to bed



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Happy Valentine's Day!

