

## OT Strategies for Life



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## OBJECTIVES FOR TODAY

- Define OT for children
- Define how OT can help with everyday life
- Define **self-regulation** and **sensory processing** difficulties.
- Elucidate how to enhance communication with other providers
- Enhance one's understanding of the interplay between Mental Health and Occupational Therapy.

## **How can OT help families?**

- OT can help parents with their child's behavior and routines, i.e.:
  - Self regulation or co-regulation
  - Activities of Daily Living (ADLS)
  - Play
  - Development
  - Attention and focus

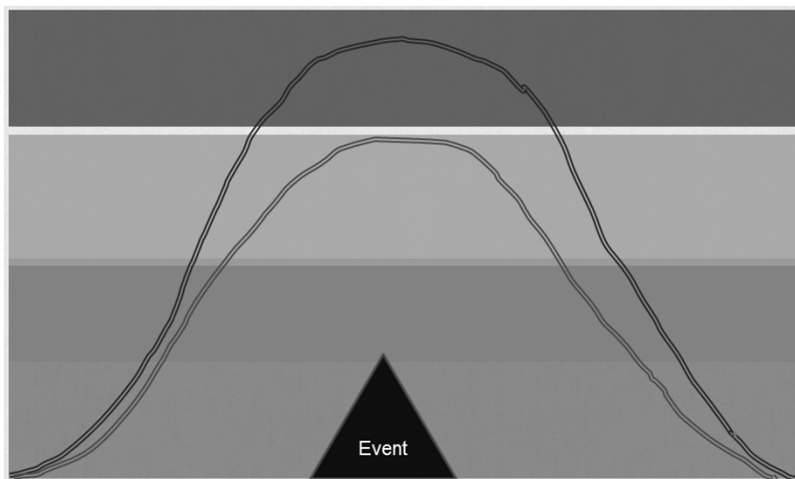
## **Self-Regulation & Sensory Processing**

- **Definition of Self-Regulation** (Shanker, 2012) – demonstrate ability to achieve positive outcomes:
  - Manage arousal states, emotions, behavior, attention
  - Pay attention to learn
  - Cooperate for play
  - Deal with moment-to-moment stresses without melting down
  - Achieve primary cornerstone of early childhood development
  - Behave in socially acceptable manner
- **Important components**
  - Better predictor of school readiness than IQ.
  - Affected by external and internal influences.
  - Takes practice!

## **Self-Regulation Starts with Good Co-regulation**



## **Co-regulation Goes Both Ways**



## Factors Affecting Regulation

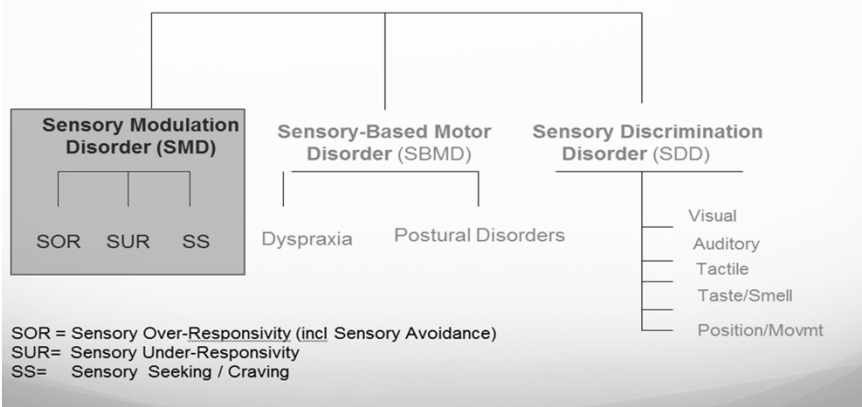
- Emotions
- Stress
- Interpersonal Factors
- Physiological Factors
- Environmental Factors

## Sensory Processing as a Picture

### SI Dysfunction: Current Taxonomy

(2007, AJOT – Miller, Cermak, Lane, Anzalone, Osten )

#### SENSORY PROCESSING DISORDER (SPD)





## **What could complicate self-regulation?**

- Developmental delay (e.g., autism, other)
- Temperament and goodness-of-fit
- Mental health concerns of caregiver
- Prenatal exposure

## **What are the areas affected?**

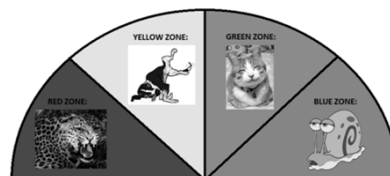
- Sleeping
- Feeding/Eating
- Potty training
- Bathing
- Dressing
- Taking child on errands
- Going to family gatherings, to church, etc.
- Developmental skills (fine/gross motor, perceptual, etc.)

## How Might We See This Impact?

- It may contribute to caregiver frustration
- It may contribute to poor attachment
- It may lead to disruption in behavior (e.g., major tantrums)
- It may impede the achievement of developmental milestones along prescribed timelines

## Self-Regulation

books  
about  
feelings





# SLEEP



## Suggested Sleep Amounts

AGE	SLEEP REQUIRED (hrs)
Newborns (up to 2 months)	12 - 18 hrs
Infants (2 months - 1 year)	14 - 15 hrs
Toddlers (1 - 3 years)	12 - 15 hrs
Preschoolers (3 - 5 years)	11 - 13 hrs
School age (5 - 12 years)	9 - 11 hrs
Teenage (12 - 18 years)	8.5 - 9.5 hrs
Adults	7 - 9 hrs

## Sleep & Nutrition



# Visual Strategies

### Nighttime Schedule

Eat Dinner	<input type="checkbox"/>	Brush your teeth	<input type="checkbox"/>
Have Dessert	<input type="checkbox"/>	Read a bedtime story	<input type="checkbox"/>
Take a bath	<input type="checkbox"/>	Put on pajamas	<input type="checkbox"/>
Put on Pajamas	<input type="checkbox"/>	Sweet dreams!	<input type="checkbox"/>

### Bedtime Routine

1  Quiet Play	2  Bath	3  Pajamas	4  Teeth
5  Potty	6  Story Time	7  In Bed	8  Water
9  Song	10  Hugs and Kiss	11  Lights out	12  Good Night

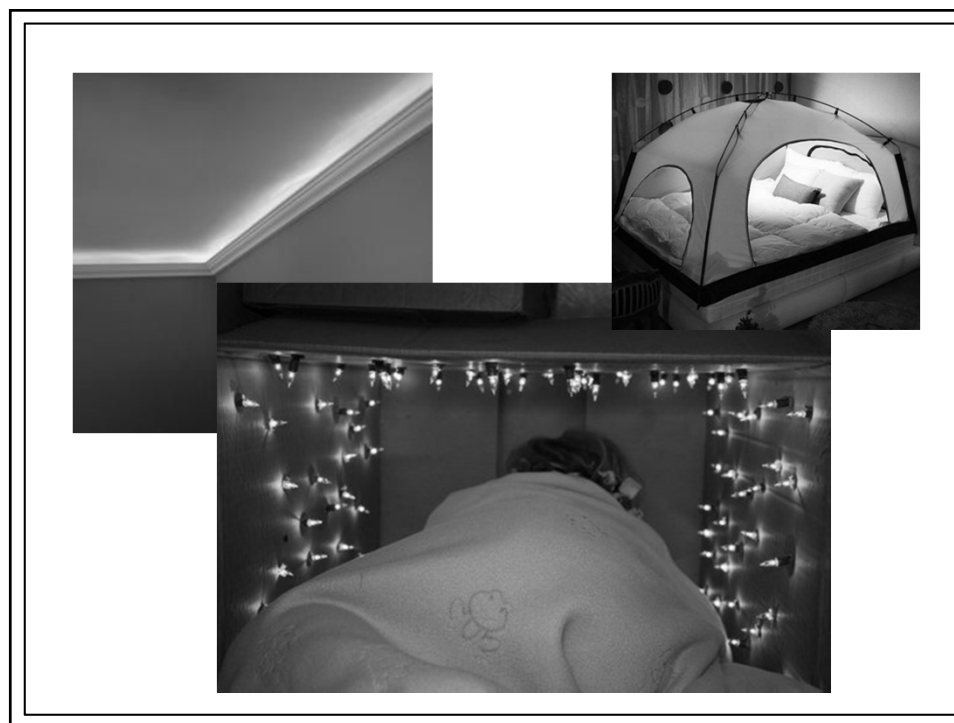
www.PUDDINGSTIME.COM

### Bedtime Routine

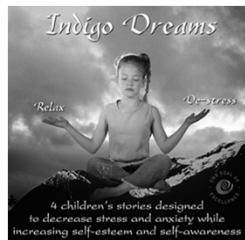
Time for bed

- ☐ Put on pajamas
- ☐ Use the bathroom
- ☐ Wash hands
- ☐ Brush teeth
- ☐ Get a drink
- ☐ Read a book
- ☐ Get in bed and go to sleep

\*Wasson, S. and Mallow, B.A., Strategies to Improve Sleep in Children with Autism Spectrum Disorders: Autism Speaks' Autism Treatment Network.



## Auditory



## Olfactory



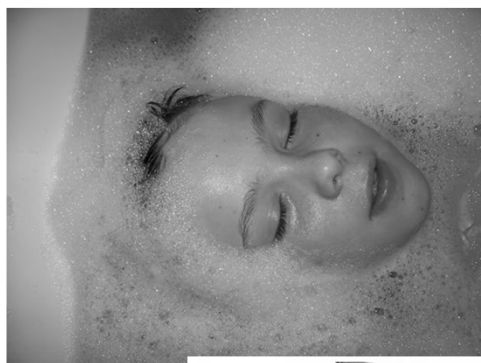
## Vestibular



## Proprioception



## Tactile



# Mealtime Mashups

- Up and down from the table
- Picky eaters




## Mealtime Mashup – Not Sitting





# Picky Eaters



Painting with Pasta and Yogurt Paint  
Therapy Fun Zone

Use Pasta as Your Paint Brush

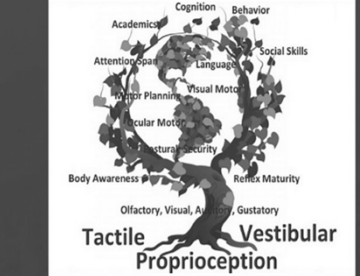
Dr. Axe

themeasuredmom.com

# Potty Challenges

## Training


Feed the roots...not the leaves.



Academics, Cognition, Behavior, Attention span, Language, Social Skills, Motor Planning, Visual Motor, Fine Motor, Emotional Security, Reflex Maturity, Body Awareness, Olfactory, Visual, Auditory, Gustatory, Tactile, Vestibular, Proprioception

ASensoryLife.com

## Diaper Preference



## Core Power



## Potty challenges

**Difficulty Passing BM**



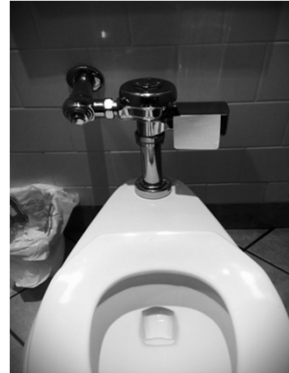
**Holding BM Too Long**



# Potty Challenges

**Anxiety about using home bathroom**

**Refusal to use public restrooms**



# Potty Challenges

**Fecal Smearing**



## Dining Out



## Car Rides



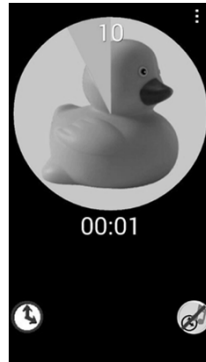
## Grocery Store



## Social Events & Family Gatherings



## **Doctors Visits (& other waiting rooms)**



## **Considerations: OT & Mental Health (or other disciplines)**

- What is your level of knowledge, experience, comfort working with SPD?
- What are the practice guidelines of your profession?
- When should you seek extra help?
- When are sensory strategies helpful vs. counter-productive?
- What colleagues can work with you collaboratively around care?

## **Assessment Resources**

**(see handouts)**

- **Infant/Toddler Sensory Symptom Checklist**  
(<https://www.spdstar.org/basic/symptoms-checklist>)
- **Preschool Sensory Symptom Checklist**  
(<https://www.spdstar.org/basic/symptoms-checklist>)

## **What's in my sensory backpack?**



## Head Inversions



## Which Tools To Use?

### Tools requiring extra training

- Therapeutic Listening
- Integrated Listening
- The Listening program
- Interactive metronome
- Wilbarger Protocol
- Intensive vestibular programs

### Tools anyone can use

- Weighted items
- Tactile Tools
- Oral tools
- Olfactory tools
- Visual tools
- Movement tools





## References

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