Using sensory tools in the home setting
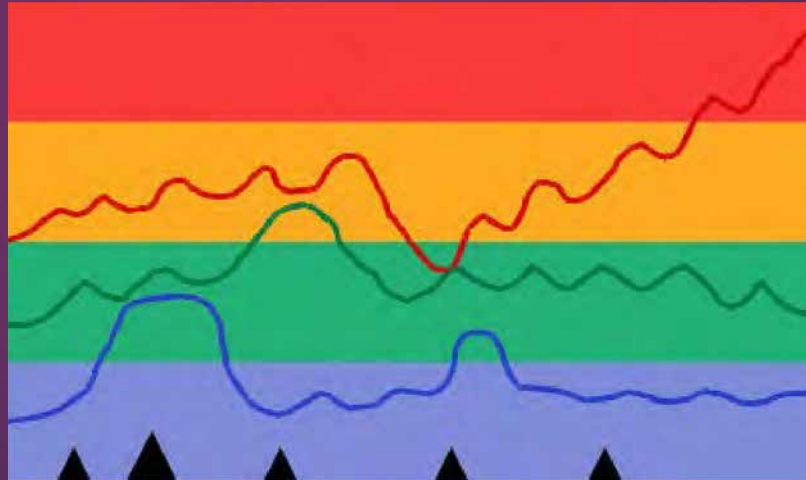
BROOKE OLSON, OTR/L

Nearly 35 million US kids experience trauma in their lifetime.

½ THE KIDS IN THE NATION HAVE EXPERIENCED 1 OR MORE SERIOUS CHILDHOOD TRAUMATIC EVENTS.

Individuals who have or are experiencing traumatic events have heightened states of arousal.

THIS SIGNIFICANTLY IMPACTS THE WAY THE PERSON PROCESSES SENSORY INPUT.

Our body has an automatic fight, flight or freeze response when faced with dangerous situations in order to help us cope.

OUR DEFENSE MECHANISMS ARE NOT CONTROLLED BY THE COGNITIVE PART OF OUR BRAIN.

A child who has experienced trauma is primed towards defense and hyper vigilance.
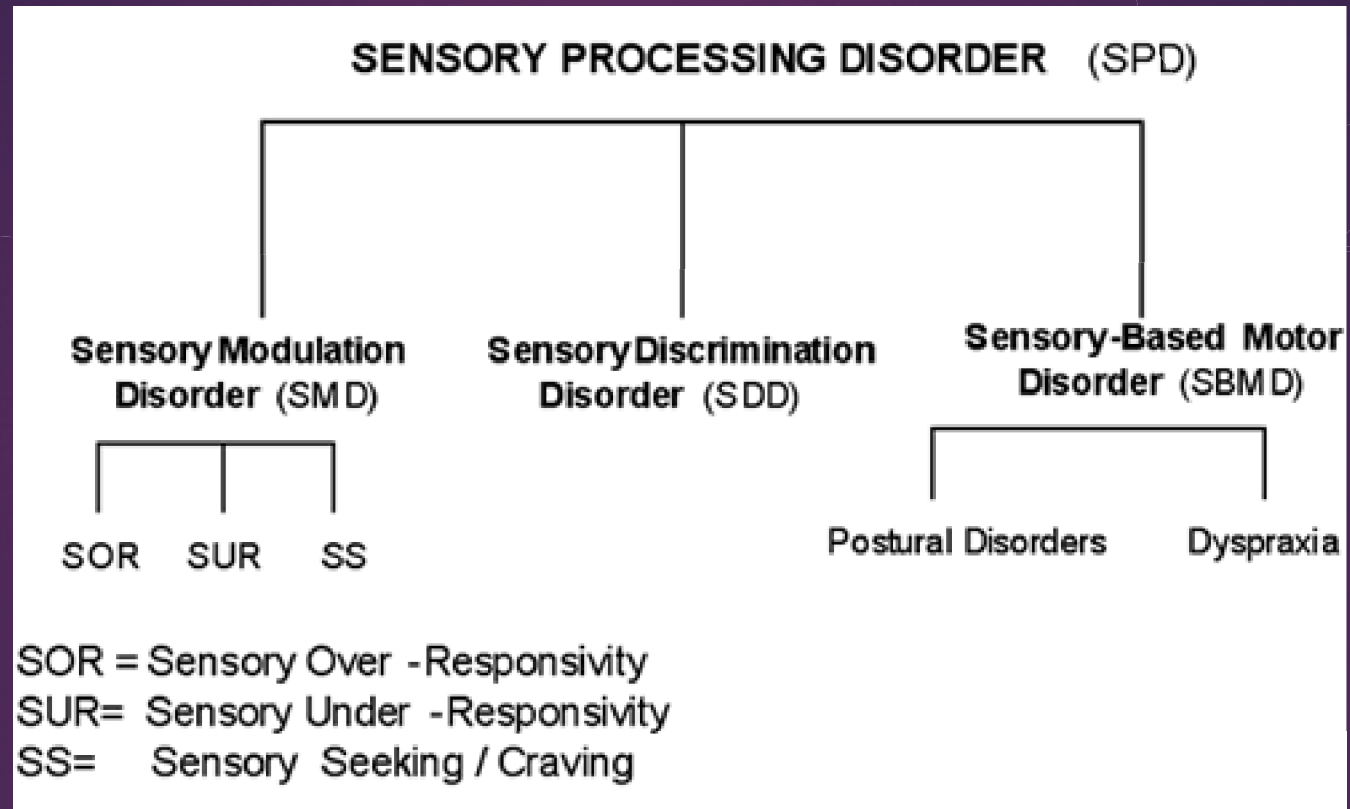
THE IMPRINT OF THE TRAUMA HAS BEEN LEFT ON THE BODY

Traumatized children may have neurological immaturity, known as sensory processing disorder (SPD) heightened sensitivities and/or decreased body awareness often resulting in poor postural control, timing and rhythmicity.

A CHILD WITH SPD MAY HAVE LESS RESILIENCY DUE TO MULTIPLE PROBLEMS THAT INTERFERE WITH DEVELOPMENT.

SENSORY PROCESSING DISORDER (SPD)

Sensory Modulation Disorder (SMD)

Sensory Discrimination Disorder (SDD)

Sensory-Based Motor Disorder (SBMD)

SOR   SUR   SS

Postural Disorders   Dyspraxia

SOR = Sensory Over -Responsivity
SUR= Sensory Under -Responsivity
SS=   Sensory Seeking / Craving

Miller,LJ., Anzalone, ME., Lane, SJ., Cermak,SA., Osten,ET., 2007

Over or under responsive to touch

BIG RESPONSES OR REMAINS PASSIVE

Over responsive to sounds

STARTLES OR BIG RESPONSES

Under responsive to sounds

BEHAVIORS

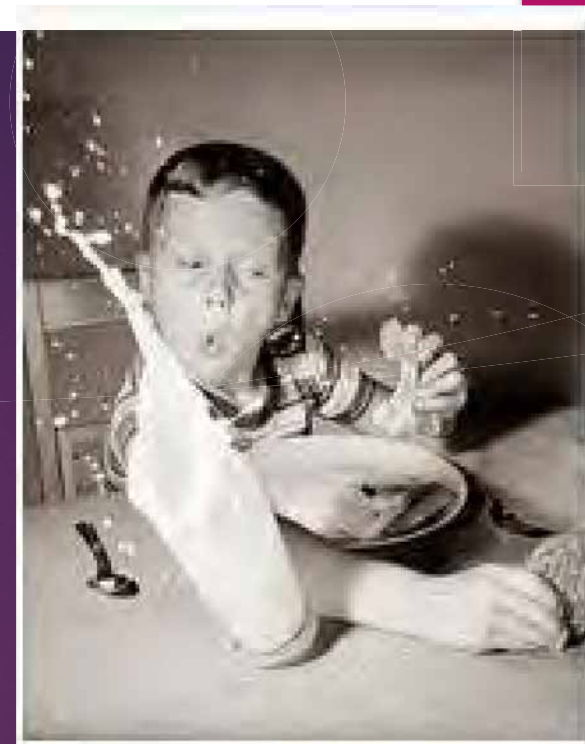# Seeking out movement or body input

Many children may experience body-based movement disorders as a result of trauma

Dyspraxia

Postural disorders

Dyspraxia

Postural disorders

Lack of Postural Development
Creates Poor Balance,
Coordination, Fine Motor,
and Motor Planning

What can we do?

Modulation disorders- keeping the outside organized for the turbulent inside.

And

Heavy work- a winner every time
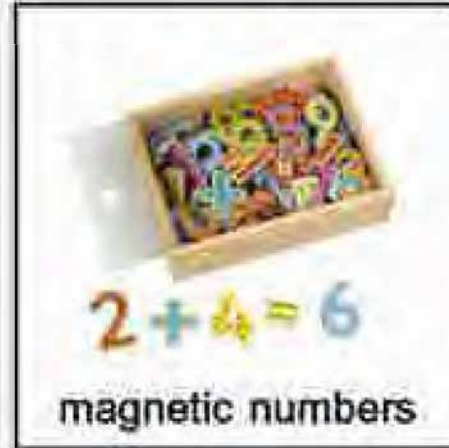
ENVIRONMENT-A place for everything...

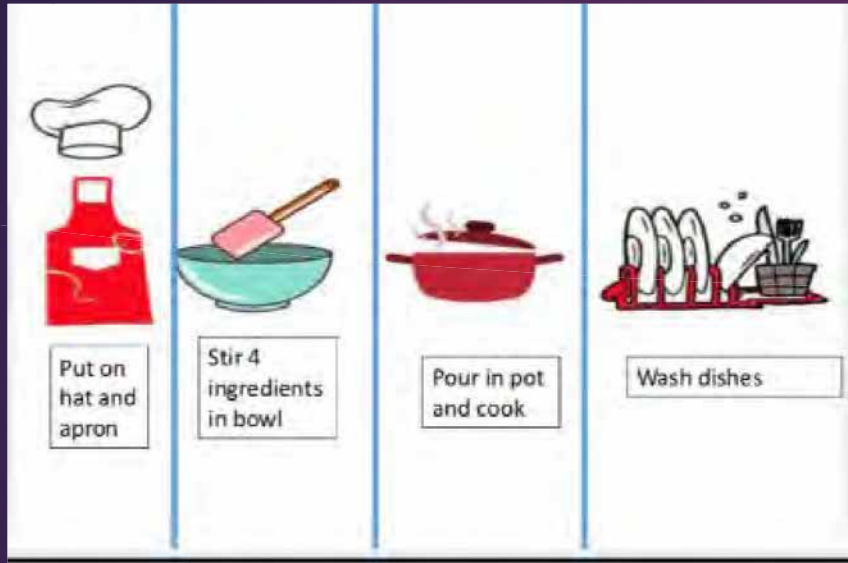# A place for everything...labels and pictures

Routines vs Schedules

TO DO LISTS

Put on hat and apron

Stir 4 ingredients in bowl

Pour in pot and cook

Wash dishes

1 Sudoku

Shoe tying activity

Draw your favorite Minecraft character and describe him in 4 sentences

Check schedule