

USEFUL RESOURCES

"Sensational Kids: Hope and Help for Children with Sensory Processing Disorder" by Lucy Jane Miller

Children's rights

We are committed to upholding the rights of all children.

Child protection

We respect the need for confidentiality. The exception to this is when there are concerns about child protection. In these cases, having discussed our concerns with you, we would liaise with social care in accordance with Oxfordshire's safeguarding children procedures.

Calming Strategies



Your child may find certain times of the day, certain environments, tasks or situations difficult. Everyone is different and not all strategies will be effective for your child. Please note that there is limited evidence that some of the strategies work for all children. Observing how your child behaves in different environments will give you an indication of what they may find calming. Some general tips on things that you could do to help your child manage them better and reduce exaggerated responses are:



Body squeeze: Sit on the floor behind your child, straddling him with your legs. Put your arms around his knees, draw them towards his chest and squeeze hard. You can teach your child to sit on the floor with knees bent up to chest, arms around knees and then squeeze themselves very tightly when they are learning to self-regulate. The same thing can be done sitting on a chair.

Encourage slow rocking or swaying (rhythmic motion) e.g. a rocking chair or hammock.

Use of a swing or see-saw (avoid spinning and rotational movement).

Provide fiddle toys e.g. stress ball.

Provide a "time out" space, e.g. an enclosed quiet space such as a large box or pop-up tent with a beanbag chair inside it, is a good escape from too much stimulation. Your child may enjoy lying over or under the beanbag more than sitting on it.

Encourage self-imposed hugs or hugging a pillow or teddy tightly when anxious/upset or before an uncomfortable event.

Reduce noise and light levels.

Provide calming oral input such as sucking a drink through a straw.

During carpet time allow child to lie on tummy or sit against a body pillow whilst listening to story etc.

Place hands on child's shoulders and apply deep pressure through them.

Encourage your child to participate in pushing and pulling activities e.g. get your child to drag the shopping from the front door to the kitchen, let him push a wheelbarrow or small truck, use the vacuum cleaner or push a heavy chair.

Listen to soft and rhythmic music. Mozart and Vivaldi are thought to be calming and conducive to learning.

Count slowly down from 10 to 1 before moving on to the next activity.

Encourage your child to carry heavy loads which involves arm muscles (e.g. bucket of blocks, pile of books). Balance a bean bag on your child's back when he is in a crawling position.