

Sensory Strategies – Dressing Activities

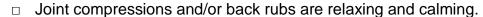
The activities that have been checked $(\sqrt{})$ have been recommended by your occupational therapist.

- Willbarger Protocol* (brushing and joint compressions) or deep pressure massage, prior to dressing
- Be conscious of sensitivities re: textures/tightness of clothes. Wear undergarments inside out if seam is irritating. Cut out clothing tags; do not air dry clothes (increases crunchiness). Wash shoes before wearing to soften.
- Dress in front of the mirror to assist with body placement and motor planning, name body parts, sing dressing steps.
- □ Break down steps for dressing (e.g., forward or backward chaining methods*).
- Provide interactive dressing activities i.e. dressing dolls, fine motor books and toys with buttons, snaps, and zippers.

Bedtime

- Routine is important. Bedtime the 3 B's:
 Bath- Book- Bed.
- Wrap in blankets tightly when tucking in (increases calming feeling), use a weighted blanket, body pillows, hot water bottles, or mummy sleeping bag.
- Form fitting long johns to increase security.
- Dry sheets in drier so they are soft.





Hair Brushing

- Provide extra pressure on child's head and use slow rhythmical strokes while brushing
- Large wide soft bristle brush or a pic comb







Teeth Brushing

- □Use Willbarger's oral motor program* prior to teeth brushing
- □Try an electric toothbrush
- □Play with whistles or straws before brushing teeth
- * Additional information sheets available from your therapist