



## Sensory Strategies – Dressing Activities

The activities that have been checked (√) 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.
  
- Decrease rough and tumble play before to bedtime
- Joint compressions and/or back rubs are relaxing and calming.



### 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