

PROVIDING SENSORY INPUT

DURING DAILY ROUTINES

DAILY ROUTINES ARE A GREAT OPPORTUNITY TO START INCLUDING SENSORY INPUT! HERE ARE SOME IDEAS TO TRY WITH YOUR CHILD:

BATHING

- Strong smelling soaps
- Hard bristle brushes for washing
- Light up bath toys
- Foam, gel, or jelly soaps
- Bath gloves or sponges

BRUSHING TEETH

- Strong flavored toothpastes
- Foam or gel tooth pastes
- Vibrating tooth brushes
- Singing tooth brushes
- U-shaped tooth brushes

MEALTIMES

- Straws
- Crunchy foods
- Very cold foods
- Strong flavors (sour, bitter, spicy)
- Weighted utensils
- Theraband on chair

OTHER

- Movement breaks before tasks
- Playing music during tasks
- Tactile toys during tasks
- Pressure during tasks