
Sensory Processing Solutions



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Deep Touch Pressure

Pressure to the skin helps calm the nervous system

- Tight hugs
- Massage
- 'Hot dog' blanket roll up
- Spandex clothing (smaller swimming shirts & tights)
- Sandwich game (pressure on body with a ball)
- Compression vest, body sock & pea pod
- Lying under heavier blankets
- Squishing body with pillows
- Pushing hands together/pulling fingers apart
- 'Crashing' onto mattress
- Weighted equipment (snake lap pads, hats, arm sleeves, etc.)

Proprioception

Short bursts of heavy work helps regulate the nervous system

- Carrying, pulling & lifting activities
- Wearing a heavier backpack depending on the child's posture
- Tug-of-war activity
- 'Push' the wall away activity
- Climbing, jumping & hanging activities
- Bike-riding, swimming, trampolining & rollerblading
- Chewing gum & crunchy food items
- Bouncing on a ball



Sensory Lifestyle

Work towards including sensory activities into daily routines

- Sensory activity prior to difficult transitions
- When child is escalating to a meltdown
- Activity to take place for 2-5 minutes (short duration & high intensity)
- Include sensory activities in visual schedule
- Every 90 minutes when possible
- Plan ahead for challenging behaviour

Visual & Environmental Supports

Help with increasing the child's awareness of sensory challenges and with managing anxiety

- Consistent and predictable daily routines
- Visual schedules & timers
- Social stories & video modeling
- Volume meter & channel changer
- Islands of retreat: tent, beanbag chair with blanket & pea pod
- Noise-cancelling headphones & alternative seating options

