

Self Care Skills – Sensory

Teeth Cleaning:

- ☺ Apply deep pressure to cheeks with both hands on cheeks before teeth cleaning – blow up cheeks and squash flat
- ☺ Play tongue games before brushing – e.g. count teeth on left side with tongue, put tongue in cheek etc
- ☺ Use minimal toothpaste, bicarbonate based – helps stop gagging
- ☺ Use an electrical toothbrush – provides deep pressure and vibration to help calm and organise
- ☺ General blowing a sucking games during the day – blowing bubbles, party poppers, drinking through a straw

Toileting:

- ☺ Use moist toilet roll / wipes
- ☺ Keep visual and auditory stimulation to a minimum
- ☺ Toilet seat – might be too hard, use a padded child toilet seat

Dislike of baths / showers:

- ☺ Do resistive (pushing, pulling, carrying, rolling) activities before to provide deep pressure
- ☺ Encourage child to wash own body / face
- ☺ Use large sponge and rub firmly
- ☺ Fragrance free soap
- ☺ Use hand held shower head – increased control
- ☺ Use large towel to wrap and firmly dry afterwards – pat firmly or leave to dry
- ☺ Deep massage when putting on cream
- ☺ Run bath before child enters the room to reduce the anxiety build up

Hair Washing / Cutting:

- ☺ Sit child firmly on lap, squeeze child between your knees
- ☺ Place hands on head, apply gently but firm downward pressure – wear a tight hat prior to help desensitise
- ☺ Counting whilst doing the task
- ☺ Get child to scoop and pour water
- ☺ Fold flannel over eyes to prevent soap getting into eyes
- ☺ Tip head back to pour water over
- ☺ Firm touch when massaging shampoo
- ☺ Use a soft hair brush
- ☺ Hold top of hair whilst brushing out tangles

Sleeping:

- ☺ Provide firm deep pressure massage prior to bed, avoid tummy area
- ☺ Establish good routine, calming bath – dry with firm rubs of the towel, story
- ☺ Tuck the blankets / sheets into the mattress to help provide deep pressure in the night
- ☺ Add extra weight – more blankets, wheat bags onto the legs on top of the blankets to provide further deep pressure
- ☺ Sleep in a sleeping bag – gives sense of security
- ☺ Have extra pillows between legs or arms to help cuddle into
- ☺ Use of a night light