



Sensory therapy focuses on helping kids manage sensory input and build their ability to cope with overwhelming stimuli. Here are some of some common sensory therapy options:

1. Occupational Therapy (OT) with Sensory Integration

Occupational therapy is one of the most recommended therapies for kids with sensory issues. Many OTs specialize in **sensory integration therapy**, helping children respond better to sensory stimuli.

WHAT IT INVOLVES:

- Structured activities that provide sensory input in a therapeutic way.
- Gradual exposure to sensory experiences that are difficult for your child, helping them build tolerance.
- Example: Swinging, playing with textured objects, or balancing exercises to improve sensory processing.



2. Sensory Diet

A **sensory diet** is a custom plan created by an OT with activities to regulate sensory input throughout the day. These activities target your child's specific needs, whether they are overstimulated or seeking more sensory input.



EXAMPLES:

- **Heavy work:** Carrying, pulling, or pushing heavy objects to help calm an overstimulated child.
- **Calming activities:** Weighted blankets, deep pressure brushing, or slow swinging.
- **Alerting activities:** Jumping on a trampoline, fast spinning, or squeezing fidget toys.

3. Therapeutic Listening

Therapeutic Listening is sound-based therapy designed for kids with auditory sensitivities. It involves listening to specially modified music through headphones to help the brain better process sound.

WHAT IT INVOLVES:

- Children wear headphones and listen to music designed to stimulate the auditory system.
- Usually done daily as part of a broader sensory therapy plan.



4. Play Therapy

Play therapy can be helpful for younger kids who may struggle to express their sensory experiences verbally. This type of therapy uses play to explore and work through sensory challenges.



WHAT IT INVOLVES:

- Sensory elements like sand, water, or slime are incorporated to let kids explore different textures and sensations in a safe environment

5. Vision Therapy

For kids with sensory issues related to visual processing, **VISION THERAPY** can help improve how their brain processes visual input. While often used for specific challenges like tracking or focusing, it's also helpful for light sensitivity or other visual sensory issues.



6. Equine-Assisted Therapy (Horse Therapy)

EQUINE THERAPY involves horseback riding, which can help kids develop sensory and motor skills. The rhythmic movement of riding provides calming sensory input and improves balance and coordination.



7. Aquatic Therapy

AQUATIC THERAPY uses water-based activities to provide unique sensory input. The resistance and pressure from water help with body awareness (proprioception) and relaxation, which can be especially calming for kids overstimulated by touch or sound.



8. Speech Therapy with Sensory Focus

Speech therapy can be adapted for kids with oral sensitivities or feeding issues. A speech therapist might use sensory interventions to improve tolerance for different food textures or oral sensory input.



9. Deep Pressure Therapy

Deep pressure therapy uses firm, steady pressure to help kids calm down.

THIS CAN BE DONE USING:

- Weighted blankets or vests
- Body socks (stretchable fabric that provides gentle resistance and pressure)
- Compression clothing to apply consistent pressure



10. Mindfulness and Relaxation Techniques

Mindfulness techniques like deep breathing, guided relaxation, or yoga can help kids become more aware of their sensory experiences and learn how to self-regulate. These practices can be adapted to help manage sensory overload and anxiety.

