

Sleep sensory suggestions

- Compression sheets
Safe and breathable covers that provide proprioceptive feedback (may help if you child likes deep pressure)
- Weighted lap blankets
*Can help with restless legs in time before going to sleep.
Please note weighted blankets must weigh no more than 10% of your child's body weight!*
- Vibrating pillows/neck pillows
Send calming signal to your brain
- Electric toothbrushes
Can simplify teeth brushing and again the motor sound and vibration can send calming signal to brain
- Steamrolling with an exercise ball
**Lie face down flat on floor, starting at left lower leg go in clockwise motion up leg, relieve pressure over bottom, apply pressure up back, rib cage, shoulders, then down right-side ribs, back, relieve pressure over bottom again, and down right leg. Continue this for 2 minutes. Model on yourself to show your child what this process entails.*
- Scalp massagers
Release calming signal and child can do themselves



Please note these items are a number of suggestions that may help regulate your child, by no means are they all necessary.

Hand eye coordination activity ideas

- Cutting and sticking from magazines, news papers
 - Sticker books
 - Building blocks/lego
 - Poking dry spaghetti/pipe cleaners through colander – make this into a game
 - Finger painting
 - Drawing
 - Colouring books
 - Massage/writing on each other's backs and guessing the word
 - Journaling/writing
- *Avoid academic work in the hour before bed – even if this is something your child enjoys this, we don't want the brain working we want it resting right now



Engaging in hand eye coordination activities sends a calming message to the brain and reduce cortisol (stress hormone) levels, helping us to get our bodies/minds ready for rest.