

Sensory Sid[®]

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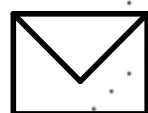
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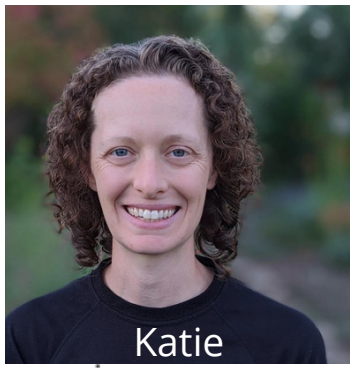
www.sensorysid.com



sensorysid



info@sensorysid.com



Katie

Hi, we're the occupational therapy team behind Sensory Sid.

We were tired of recreating the wheel, scribbling notes for parents, and seeing a lack of follow-through with home sensory programs. We knew there had to be a better option to provide parents and providers with the tools they needed to help improve sensory processing.

When we didn't find what we wanted, we decided to create it.



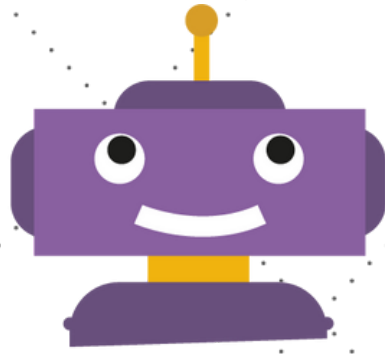
Kara

Sensory Sid[®]



We wanted an easy-to-use, self-explanatory, quick, and fun way to help kids engage in a sensory diet.

- 44 large, sturdy, fully colored, and illustrated cards.
- Sensory systems color coded for easy identification.
- Four sensory categories: vestibular, tactile, active and passive proprioception.
- Simple illustrations on the front.
- Directions and additional activity ideas, including ways to make the activity easier or harder on the back.



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Sid and the Kids

Meet the Author
Katie Bartlow, OT

"I never thought that I would write a book, but here we are!



Sometimes things come together in unexpected ways, and Sid and the Kids did just that.

As I was writing Sid and the Kids I wanted it to be playful and fun. As the rhymes about SPD came together, the story continued to morph and I started thinking about how this would be a beneficial tool to help those with sensory processing disorder.

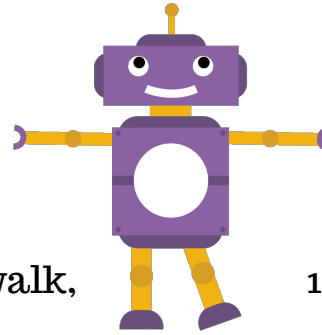
I hope that kids with SPD can relate to this book and understand they are not alone. I hope this book can be a tool for families, giving words and real-life examples to help explain and understand something that is often confusing.

But most of all I hope it makes you smile. Writing Sid and the Kids and seeing it come to life from the ideas in my head into a fully illustrated book was so much fun, and I hope you enjoy it too!"

Available on Amazon

10 Ways To Improve...

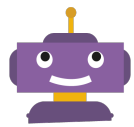
...Sensory Seeking Behavior



...Sensory Avoiding Behavior

1. Animal walks such as bear walk, crab walk, or frog hop
2. Jumping: Jumping jacks, star jump
3. Skin brushing
4. Joint compressions
5. Swinging or spinning
6. Heavy work such as carrying in the groceries, helping in the garden
7. Somersaults
8. Swimming, soccer, or other sports
9. Yoga for kids
10. Obstacle courses

1. Perform the difficult activity with or on a favorite toy first
2. Model the activity yourself
3. Have your child perform the activity to you
4. Do the difficult activity together
5. Break the activity into tiny steps, do a part of it at a time, such as the first or last step
6. Put the activity away and try again when your child is doing well
7. Offer sensory activities often
8. Take an activity they like and gradually add a small challenge
9. Have them be involved in creating an obstacle course
10. Perform breathing exercises before the non-desired activity



10 Ways To Improve...

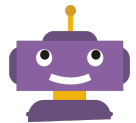
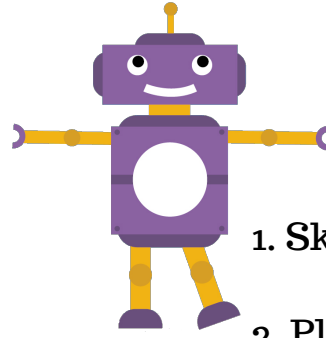
...Tactile Seeking Behavior

1. Skin brushing
2. Tactile bins such as rice or beans
3. Heavy work play
4. Calming proprioceptive activities: jumping, climbing, pushing and pulling
5. Provide a textured fidget
6. Playing in water, add bubbles or soap for different input
7. Finger painting with paint, or sand/salt tray
8. Help with kitchen tasks
9. Use different sponges, loofas, or washcloths at bathtime
10. Outside play

...Tactile Avoiding Behavior

1. Skin brushing
2. Playing dress-up with different fabric textures
3. Playing with slime, play dough, putty (starting with more preferred textures and working to more difficult)
4. Sandbox
5. Rice or bean bin- may use tools if having difficulties touching
6. Helping in the kitchen-kneading dough, making cookies
7. Playing in water, use cups to scoop if needed
8. Bubbles
9. Shaving cream
10. Buttons, feathers, craft box play

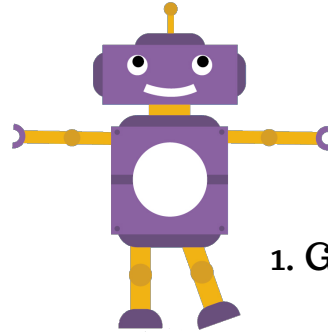
*Offer 'tools' (spoon, shovel) to scoop or play with item, or wear gloves until able to tolerate input



10 Ways To Improve...

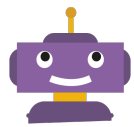
...Oral Seeking Behavior

1. Use an electric toothbrush
2. Provide crunchy, or cold food
3. Eat stronger flavors
4. Use a washcloth to rub on the lips and cheeks
5. Provide an oral chew toy
6. Use vibration on the mouth (Z-Vibe)
7. Say a tongue twister
8. Chew gum (if appropriate)
9. Blow bubbles off a wand
10. Suck or blow through a straw (sucking thicker textures makes this harder)



...Oral Avoiding Behavior

1. Gradually increase input to the mouth
2. Slowly increase the time of brushing teeth with an eclectic toothbrush
3. Deep pressure to lips, and mouth
4. 'Play' with unpreferred food outside of mealtime to desensitize
5. Talk about how food smells, looks, feels, tastes
6. Use preferred foods as a delivery system for more difficult foods (chip to scoop a dip)
7. Blow bubbles in water with mouth or straw
8. Make silly faces, stick out tongue, open mouth wide, encourage movement to the mouth
9. Perform heavy work prior to introducing more challenging foods
10. Perform a daily sensory diet to help with overall sensory regulation



Seeking vs Avoiding

Seek?

Likes bright, flashing lights

Very noisy

Likes to smell objects

Chews on everything

Touches everything
Doesn't notice when messy

Likes tight hugs

Hangs upside down and spins
Always on the move

Gets overstimulated and shuts down

Avoid?

Lights are too bright

Covers ears with noises

Sensitive to smells

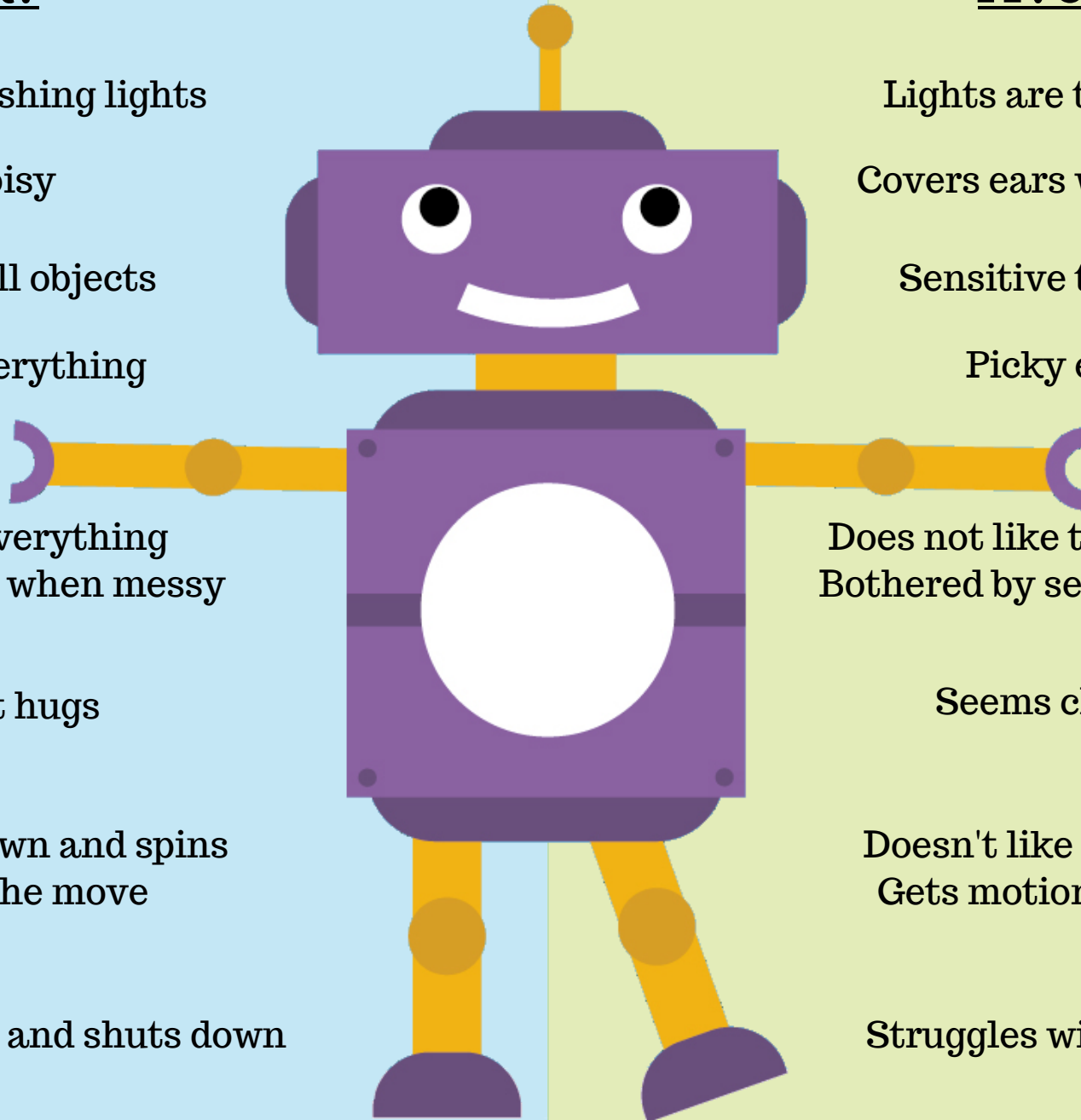
Picky eater

Does not like to be touched
Bothered by seams and tags

Seems clumsy

Doesn't like movement
Gets motion sickness

Struggles with change



Tactile

Seeking

Enjoys messy play

Likes feeling textures

Likes slime and play-dough

May play or fidget with their hair or face

Difficulties keeping hands to themselves

Avoiding

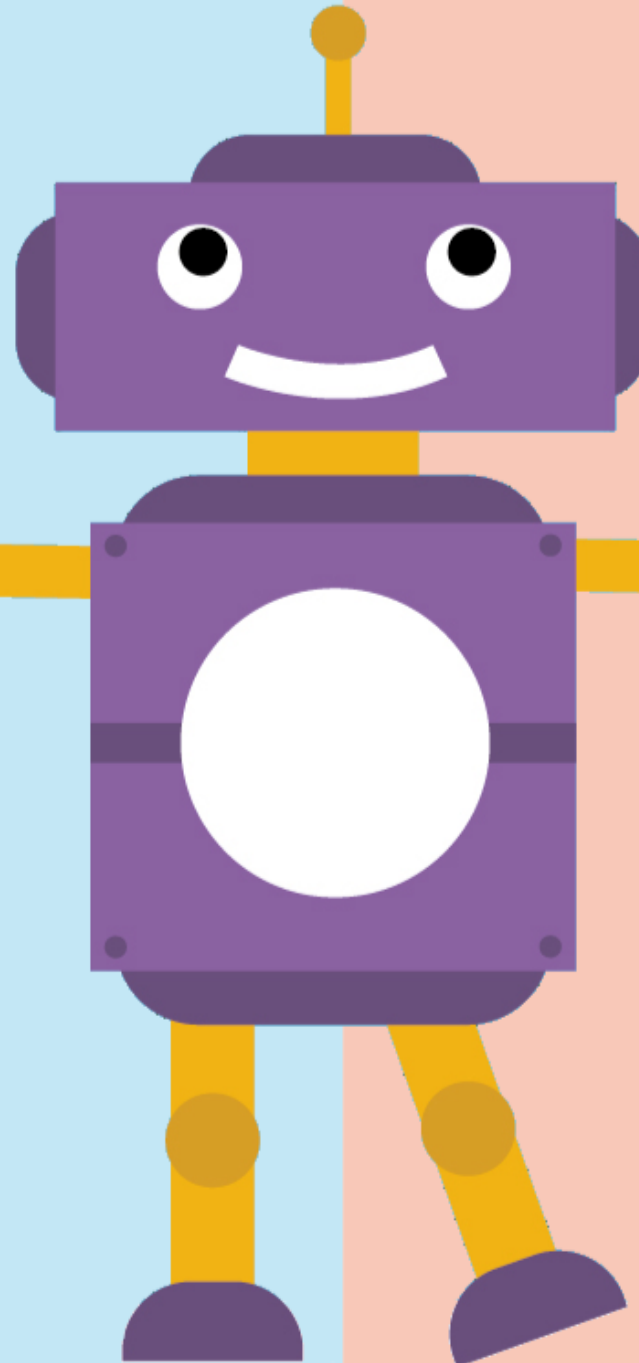
Does not like being messy

Has strong preferences about textures

Avoids slime and play-dough

Difficulties with washing, cutting, brushing hair

Avoids touching others



Proprioceptive

Seeking

Likes tight hugs and snuggles

Prefers tighter clothing

Plays 'hard' or rough

Doesn't seem to know their strength

Squishes self into small spaces

Likes to hang and climb

Avoiding

Does not like hugs or snuggles

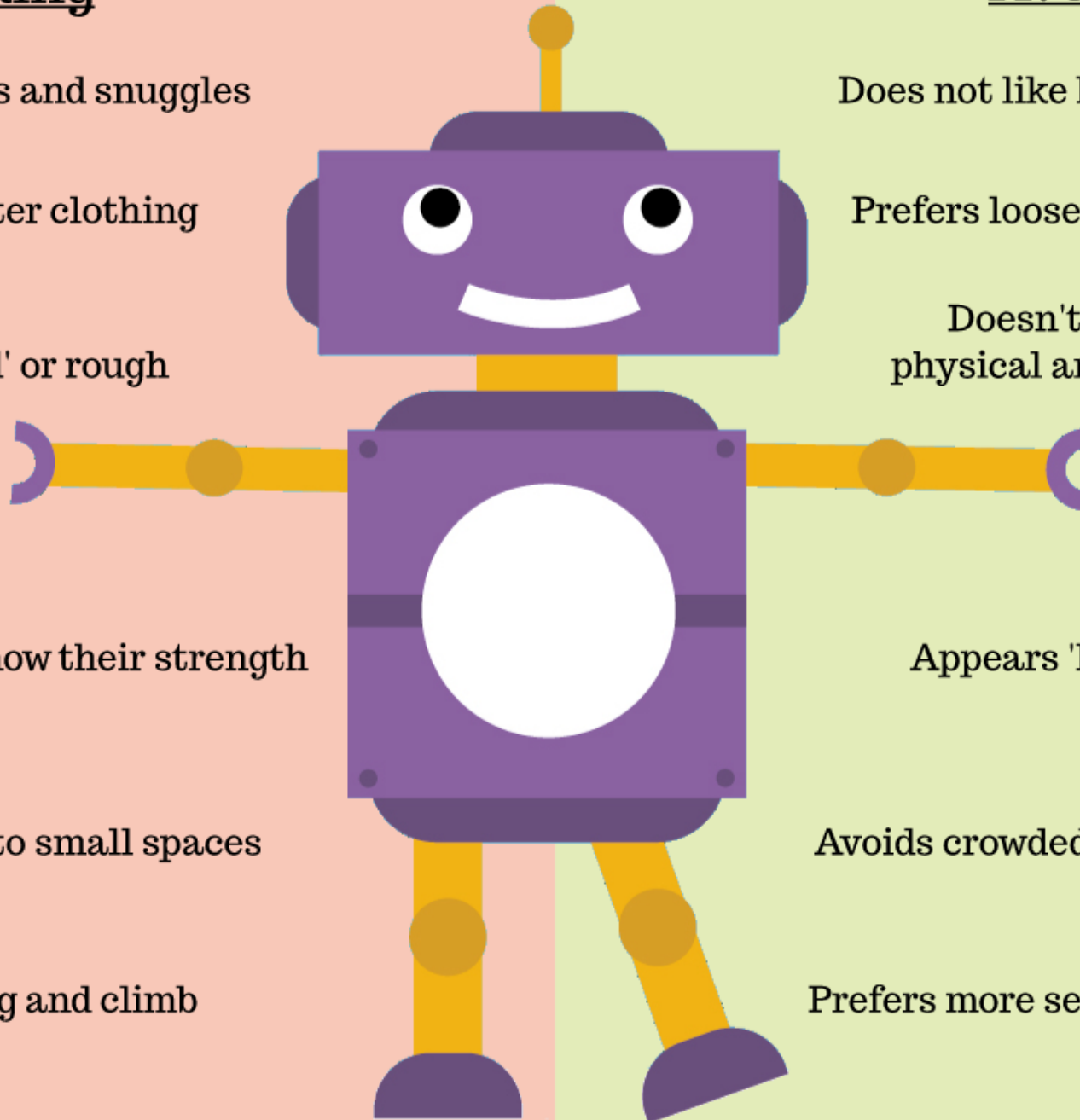
Prefers loose-fitting clothing

Doesn't engage in physical and active play

Appears 'lazy' or weak

Avoids crowded places and touch

Prefers more sedentary activities



Oral

Seeking

Avoiding

Explores the world through their mouth

Does not explore through their mouth

Chews on shirt sleeves or collar

Resists things in their mouth

Licks or bites others and toys

Gags with certain foods

Bites or chews on lips and cheeks

Dislikes brushing teeth

Puts too much in their mouth at one time

Avoids mixing foods or foods that are mixed

Plays with tongue or cheeks

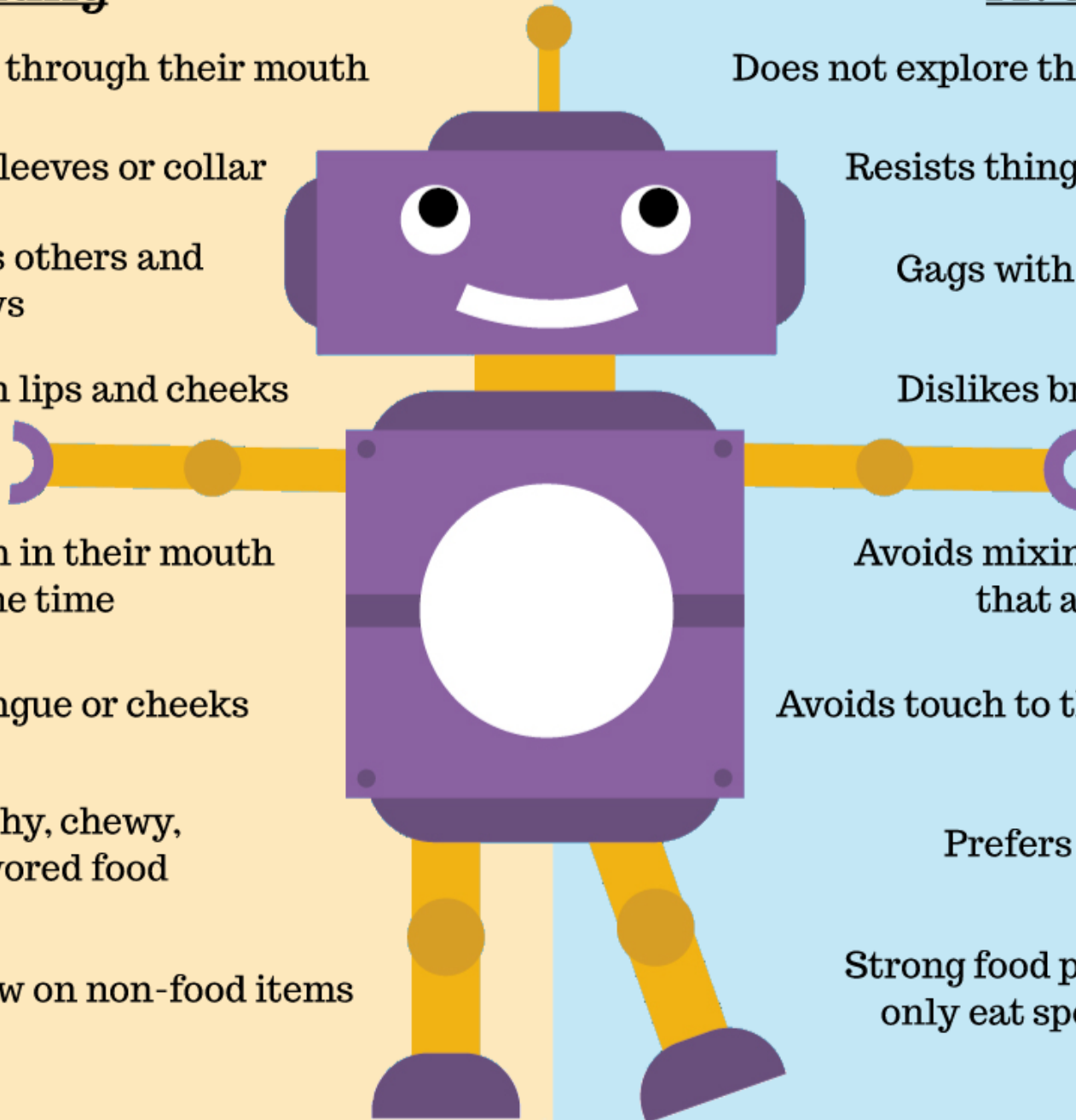
Avoids touch to their face and mouth

Likes crunchy, chewy, strong-flavored food

Prefers bland food

Tries to eat or chew on non-food items

Strong food preferences, may only eat specific textures



Vestibular

Seeking

Hangs upside down

Likes swinging

Always climbing

Sways back and forth

Likes to roll and spin

Rocks in their chair

Appears reckless

Likes jumping

Always on the move

Avoiding

Upset when head is tipped back

Avoids swinging

Does not like heights

May seem unsteady

Gets motion sickness easily

Does not like playground toys

Appears clumsy

Does not like feet being off the ground

Avoids movement

