



The countdown to school begins!!

Lazy summer mornings... staying in pjs until late afternoon...no set bedtime...vacations. As summer winds down and we begin to ready ourselves for the next school year, it is important to realize that the transition can be tough for our little ones with sensory concerns. Here are some helpful tips to get your little one back on track and ready for school!

1. Try and implement a predictable daily routine before school starts (this might be helpful one week to a few days before school starts). Keep the order of the routine consistent (ex: bath, brush teeth, toilet, book, bedtime).
2. Use a picture chart of the major events that day. It might be a good idea to create a separate morning and afternoon schedule (Choiceworks makes a schedule app for your phone. You can use real pictures of the items to help with transitions).
3. Before bedtime, review the day's events. This will help your child make sense of his/her world.
4. To reduce morning stress:
 - a. Set out your child's clothes the night before. Let them help!
 - b. Ask your child to help select his/her breakfast food the night before.
5. Keep a regular rest time to reduce fatigue.
6. It might be a good idea to spend time outdoors right after school. It is a long day and your child may need to work hard to keep themselves together. This will help get some energy out and reduce meltdowns.
7. It may help to transition from activity to activity using animal walks (bear, frog, snake, crab and bunny). This will provide some strength and sensory input throughout the transition process while making it fun!

Specific after school activities

1. Chair, wall and couch push-ups.
2. Controlled pillow fights.
3. Row, row, row your boat.
4. Provide crunchy/hard foods (oat bars and crunchy cereal) and chewy foods (bagels, gum, licorice, chewy bars) for a snack will provide increased proprioceptive input.
5. Providing cold and sour foods when your child is sleepy, low arousal, or distracted to wake up the sensory system.
6. Rocking on therapy ball, fast paced bouncing or rocking side to side.
7. Baking activities.
8. Finger painting, shaving cream, playdough.
9. Log rolling into a blanket for increased deep pressure.
10. Grocery shopping or putting away the groceries.