

Replace the sensation, sensory bag

For replace the sensation, you need:

1. a small ruck sack or bag
2. a sensory kit 5- 10 bits of kit for each sensation
3. a daily schedule to pack the bag and encourage your child to participate in packing the bag
4. a way to communicate negative sensory seeking and encouraging using the bag (positive reinforcement)

Every day you will encourage your child to fill the bag with sensory positive items, facilitate your child to do this for themselves as much as possible. Having a big sensory box at home is really nice as it can provide the morning heavy work out and the process of packing a bag is calming and organising.

You may need to set a timer up so your child can see how long they have to pack their sensory bag, but do allow them time, as we want this to be calming and organising, to help with transition.

Having a sensory bag with your child will help them feel a little bit of control, and help them to learn what is calming, comforting and organising. You may well need to monitor what is disorganising and make sure this is less freely available.

Make sure you do not overload the home box keep toys back and make sure there are regular pleasant surprises in the box.

Include:

Visual

- light up
- colour toys mini light tubes and wheels
- spinning wheels

Tactile:

- stretchy sensory toys
- soft toys

- small vibrating toys
- filled balls and squeeze toys
- bean bags
- bead bags or plastic pots
- beany bears
- fidget toys
- therapy brush

Oral: (sucking, blowing, chewing are all very calming)

- some crunchy foods, bread sticks, pretzels, carrot sticks, sugar snap peas, crackers
- melty foods, smoothie melts, skips and quavers,
- chewy foods, dried mango, chewy sweets,
- sour or spicy food (if applicable)
- straw or sports bottle drink
- Bubbles for blowing

Smell

- Aroma putty
- Lavender bags
- Scented pencils/pens
- Scented toys
- Hanky with aroma oils

Sound

- Small shakers
- Little bells or wind chimes
- Head set with loved songs or story's
- Ear plugs or ear defenders
- Little noise makers (party bag toys)

Movement

- Yoga cards/ sensory diet flash cards
- Therapy band
- Pressure toys
- Action songs (visual cue or auditory cue)

How to use the sensory bag for sensation replacement?

Communication is key: Every child communicates differently, parents and speech therapists are really good at knowing what words or cues work, with a sensory bag it is ok to use visual aids and strategies, meeting a child's sensory needs is a foundation need, it should never be used as a punishment or a reward, the sensory bag is a given, they have this no matter what.

If we use it as a reward it will have different connotations, we use this to meet a sensory (primal) need. Please do check with your speech therapist if they feel your child will understand the conceptual aspect of replacing the sensation?

Replacing helps us understand why: When a child is in a sensory disrupting place (internally or externally) they will seek out a sensation that is calming, organising, or will drown out the negative, so they may seek something that we know over excites them. All of us will seek out things we like, we are also prone to seeking out things that are not so good for us, such as unhealthy food or alcohol, why? Because it feels gratifying in the moment, it is the same for a child with SPD. They too will seek out the pleasures that are in the immediate and not think through to the 'sensory hangover', or the negative of being told off.

We are using sensation replacing to firstly help us unpick what is sensory, what is behavioural, for example, I keep pushing over my baby sister: *I do this because I like the push feel? I do this because I like the big scream? I do this because mummy picks me up? I do this because my sister stops touching me? I do this because I like the feel of my sister and I am not very good at judging the force I am using?* How do we as the grown up know what is the reason for the behaviour?

Well firstly let's try **replacing the sensation**? By having a bag with our child we are giving them a '**good choice**', we are giving them a way to replace negative sensations with positive ones.

- **Prompt what you think they need-** covering their ears, help them use a barrier, praise them for knowing that the noise was too much, and praise them for using a solution. This is the same for sound or touch. So we are helping our child **protect themselves from the negative stimuli**.
- **Suggest a replacement** – touching others, or things we do not want them touching, provide a tactile toy, you may need to feed a bigger system, so think about **organising sensation's**.
- **Pre-emptive-** sensory replacement is often used in a reactive way, don't touch this, use this, that is ok but try being a step ahead, make sure a child is using the sensory strategies throughout the day, so feeding the system and avoiding negative seeking; **afford sensory opportunity**.
- **Praise and reflect:** 'oh your sensory toy looks so nice,' 'oh did you use your ear plugs?' 'Good work', 'oh I like bubbles they make me calm'. Great using your sensory bag.

Using a sensory bag has multiple benefits, firstly it gives a child something of their own, and they can make choices and build their own rewards into this. Secondly it means they have a mobile sensory kit, which is great and helps with self-regulation. We can divert a child's attention from negative to the positive. It gives a child a foundation to start understanding good and not good, we will build up to social stories and reward systems when they have this first step mastered. This will also provide a child with deep tactile input carrying the bag by being their mobile weighted item.

What are the sensations?

Calming generic

- Blowing
- Sucking
- Chewing
- Pushing
- Squeezing
- Pulling
- Weight bearing (lifting, carrying)

Calming specific

- Brushing
- Smelling good smells (replacing bad smells)
- Movement breaks
- Visual focus (avoiding background visuals)
- Sound defensing
- Sound orienting (specific location)
- Rhythmic sound
- Rhythmic movement (rocking, bouncing, dancing)

Useful resources

There are many sensory toys on the market, often the price for special need toys can be somewhat greater due to their specialist nature.

Some of the specialist services sell fidget bags or boxes, these are good but don't forget the high street, places like Tiger, or supermarkets that sell party bag toys are really useful.

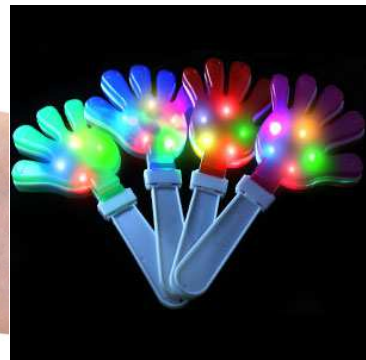
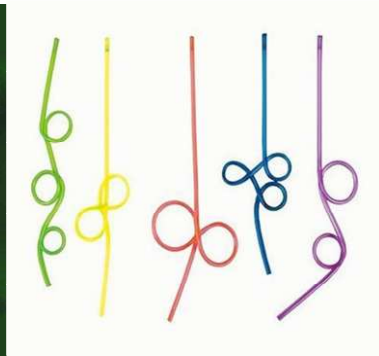
The children's food aisle is filling up with chews made of fruit juice, melting smoothie snacks and crunchy foods that have less salt and sugar.

Travel cups and drinks bottles are flooding the market and there is a different sucking system from every brand. So there are lots of ways to be creative. Dried pulses and an old muslin square can make a great sensory toy, old t-shirts with bits of ribbon can be a popular tag toy, and even labels cut from tops can make a good fidget toy.

Yoga cards are good but you can print family pictures of you all moving and use these as movement prompts.

Below are some pictures of sensory toys and then some links to places you can shop around in. If you find a toy you like, check on Google you can usually save money by shopping around.

Images



Colour and light toys

Squeeze to light up

http://www.bakerross.co.uk/squeezy-owls?gclid=CjwKEAjwluetBRD98L639p35p0QJSJACC8BIKgpXSGqM9IE8xyylmtEnvgH9aMY_0MlenHh1gJOP3hoCE7nw_wcB

Glitter ball small

<http://www.bakerross.co.uk/3-little-owls-glitter-jet-balls>

Spinning

http://www.tigerstores.co.uk/tiger_kids/toys/spinning_top_1700817.html

Sound

http://www.tigerstores.co.uk/tiger_kids/toys/egg_shakers_20092540.html

Soft toys

Small toys

<http://www.bakerross.co.uk/mini-plush-owls-1>

Puppets

http://www.bambuzo.com/uk/manhattan-toy-girlie-fuzzy-wuggs-pink-hand-puppet.html?gclid=CjwKEAjwluetBRD98L639p35p0QJSJACC8BIK4eRMhXP7kahpBpzYFBPewN0iV0cwro2JDI_M2f4UoBoCt1zw_wcB

Tactile toys (dry)

Soft ball

http://www.thegiftandgadgetstore.com/toys-sports/indoor-toys/18cm-furb-puffer-ball-with-multicolour-tips-colours-may-vary_5038728060872.aspx?gclid=CjwKEAjwluetBRD98L639p35p0QJSJACC8BIKqlqjNaF9QKq2NhhJaL1ofrwvcxYad4vSnjOzGjo9hoCiPPw_wcB

Stretch butterfly

http://www.partydelights.co.uk/product_detail.asp?ProductID=TOYS837&src=gbase&utm_source=google&utm_medium=googlebase&ci_src=18615224&ci_sku=TOYS837&gclid=CjwKEAjwluetBRD98L639p35p0QJSJACC8BIKZvFQViWqeB2S11vuul6qGAKMBUZ88wlpelsS84DTRoCn1Lw_wcB

Fiddle packs

<http://www.trainersmarket.com/shop/category.aspx?catid=4>

Vibrating

http://www.flamingogifts.co.uk/products/jumping-joggle-bopper?gclid=CjwKEAjwluetBRD98L639p35p0QsJACC8BIKG7EVWm4ZpXk8eGDxaKVGKbjv9b908KzGPAk4oG0mRBoCP5Xw_wcB

<http://www.specialneedstoys.com/uk/proprioception/vibration/furry-cow.html>

Oral

Melts

<http://www.kiddylicious.co.uk/category-product/yoghurty-melts/>

<http://www.kiddylicious.co.uk/category-product/wafers/>

Crunch

<http://www.annabelkarmel.com/gb/shop/food/disney-cheesy-breadsticks>

<http://www.kiddylicious.co.uk/category-product/veg-fruit-crisps/>