



Parenting Potentials

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"Mindfulness is not about being perfect,
it's about being present"

- Author unknown

Self - Regulation What is it?

Self regulation skills begin developing in early childhood. As children start to grow and develop, they learn to follow directions, demonstrate situationally appropriate behaviors and control their emotions. Self- regulation can be broken into three areas.

1. Sensory regulation: allows children to take in various complex sensory inputs, process them and produce an appropriate motor output and level of alertness across environments.
2. Emotional Regulation: allows children to vary their emotional response to situations to allow for a socially acceptable response in different settings.
3. Cognitive Regulation: allows children to use cognition to solve and figure out complex problems and how to respond to changing expectations in situations.



Does my child have problems with self-regulation? Here are some behaviors to look for?

- Inappropriate response to different sensations
- Avoids touch
- Seeks out crashing or

As children gain independence they need to self-regulate to gain autonomy and decision-making. They also require these skills to form and maintain healthy relationships with peers and adults.

- banging
- Frequent intense tantrums
- Easily distractable
- Difficulty with transitions
- Picky eater
- Does not respond to their name

If you have any concerns, consult one of our occupational therapists.

Alternative Seating Options

Tripp trapp chair

- adjustable to set depth & height & foot plate

Ball and/or ball chair

- provides movement & deep pressure when a child bounces on it
- gives vestibular input to stay organized & focused

Move & sit air cushion to use with traditional chair

- there are 3 types and all offer some of the same benefits as a ball but are less distracting & smaller
- wedge: provides some spinal extension
- concave circle: provides some wiggle room
- convex circle: provides more wiggle room



Hokki & Kore chair

- these are stand alone chairs without a back that allows some movement

Howda-hug seat

- this is floor seating and gives a child back support
- allows child to rock back & forth and give themselves a hug

"Sense" -able Halloween

Halloween can be a fun time and at the same time an overwhelming experience for kids who have difficulties with sensory processing. Consider these suggestions for making it a happy Halloween.

- be sure costumes are not too scratchy, tight, slippery or stiff
- trick-or-treat on a quiet street, when it's still light



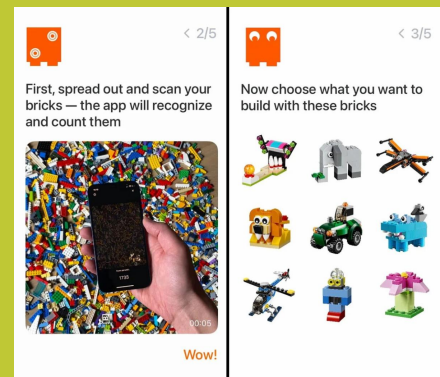
- discuss some of the associated traditions and activities in advance
- read a book, create a story or role play

- out
- practice the sequence of walking to the door and saying "trick-or-treat"
- recognize when your child has sensory overload and needs to stop (fatigue, excitability, crying, combativeness)

Explore the Brickit App

Brickit is a free app available via both iOS and Android. It scans your pile of bricks, identifies every piece in it, gives you ideas what to build and lets you share the things you make with other enthusiasts.

Just scatter your bricks on a table and take a photo. Brickit will come up with hundreds of ideas of what can be built with them and show you the exact location of each piece you'll need. The instructions are meticulous but you don't need to be.

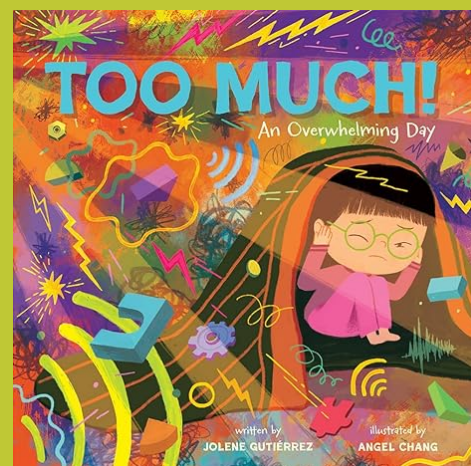


Brickit App

Book Corner

Too Much!: An Overwhelming Day
by Jolene Gutiérrez

Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, Gutiérrez's reassuring rhyming picture book explores the struggles of a sensorily sensitive child and how they settle themselves.



To learn

Pluffle - Sensory Tactile Toy

Pluffle is made of a special material that's incredibly soft to the touch. When you press it, squish it, or run your fingers through it, it provides a satisfying tactile experience. The texture is often described as a cross between foam and velvet, creating a pleasant sensory sensation.



The toy comes in a variety of colors, adding a visual aspect to the sensory experience. The vibrant and attractive colors can be visually stimulating for users, making Pluffle even more engaging.

Many people find Pluffle to be a soothing and stress-relieving toy. The tactile sensations it provides can be calming, making it a popular choice for those looking for a way to relax and destress.

[To learn more](#)

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