

Proprioceptive/Deep Pressure Stimulation

Principles:

- Proprioceptive information is received from receptors situated in our joints and muscles. These receptors send information to the brain as to how and where to move the body in order to produce accurate movement without having to look. It tells us where our body is in space or in relation to people and objects in the environment. Activities that use the strong muscles and joints to stimulate the proprioceptive system and are known as “heavy work activities”.
- Heavy muscle work can be used to assist your child to calm down when he is too active (e.g. when running around in circle) and it also can help to “wake-up” the body in the morning to prepare him to engage in his routine.
- These activities can therefore be used before engaging in table-top activities, indoor activities, outdoor activities and for one to one sessions.

Proprioceptive Stimulation Activities / Heavy Work Activities

1. Hot dog game

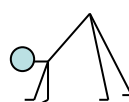
Using a soft mat (e.g.yoga mat) or a duvet:

- Your child lies on a yoga mat or duvet and the adult rolls the child tightly up in the yoga mat / duvet (make sure the child can still breathe easily).
- Gently massage Your child whilst roll up, applying pressure over his trunk and legs.
- Unroll him again or let him unroll himself out. Do numerous times.

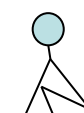


2. Animal Walks

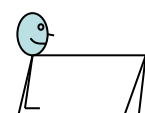
- Your child can walk across the room pretending to be different animals.
- If this is too difficult for Your child encourage him to crawl with bent knees and then with straight knees.







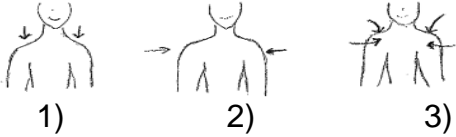

Bear


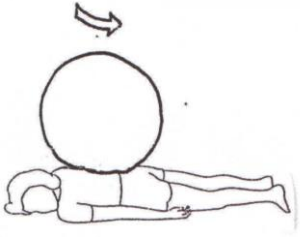





Duck



Crab

<p>3. Wheelbarrow Walks</p> <ul style="list-style-type: none"> - Child walks on their hands while an adult lifts their legs off the ground. See how far the child can walk. This can be incorporated into the child's daily routine e.g. walking from bedroom to bathroom like this in the morning or night time. 	
<p>4. Wearing a backpack</p> <ul style="list-style-type: none"> - Fill a backpack with weighted objects (e.g. books) up to about 10% of his body weight. Encourage Your child to wear his backpack to and from nursery - If Your child does not tolerate carrying a backpack, ask him to carry an item to nursery e.g. book, full water bottle, heavy toy (weighted teddy) etc. 	
<p>5. Cushion Sandwich</p> <ul style="list-style-type: none"> - In a playful yet calm manner, pile cushions on top of Your child and give him tight squeezes/hugs. - Encourage Your child to try to 'escape' from under the pile by crawling out. Try not to make this too exciting 	
<p>6. Bear Hug and Rocking</p> <ul style="list-style-type: none"> - Encourage Your child to sit on your lap facing away from you or if he prefers face towards you (he may prefer this as he can see you this way). Give Your child a bear hug (wrap your arms around his body). Hold him tight and rock him backwards and forwards and from side to side. Stop the rocking if it makes him more excited 	
<p>7. Deep Pressure</p> <ul style="list-style-type: none"> - Adult applies firm pressure through the child's shoulders 1) downwards, 2) inwards, 3) front and back together - Try pushing downwards on Your child's head - 	
<p>8. Deep Pressure Body Massage</p> <ul style="list-style-type: none"> - Try providing a deep pressure massage to Your child's body (all parts). - Ensure your palms rather than fingertips apply the pressure. - Move slowly and calmly. - Press your hands together for a count of 10 seconds. Release and move gradually up the arm to the shoulder, and so on. 	

<p>9. Pull Along a Bench</p> <ul style="list-style-type: none"> - Encourage the child to pull himself along the bench on his tummy. - The longer the bench the better. Repeat. 	
<p>10. Ball Squashes</p> <ul style="list-style-type: none"> - Get the child to lie on their tummy on the ground, with their arms by their side or at 90 degrees. - Adult uses a gym ball or medium sized ball or cushions to gently but firmly 'squash' the child with the ball. Do this slowly. - Encourage Your child to lie still during this activity. 	
<p>11. Push / pull / carry activities</p> <ul style="list-style-type: none"> - Engage the child in activities that involve carrying heavy objects, pulling and pushing activities. These may include the child: - carrying the groceries, - holding a watering can to water flowers - carrying the laundry basket - digging in sand, carrying buckets of sand, pouring between containers - riding bicycles - pushing scooters - pushing / pulling a heavy cart / box filled with toys 	
<p>12. Tug of war</p> <ul style="list-style-type: none"> - Play a game of tug of war between the adult and child 	
<p>13. Weighted products</p> <ul style="list-style-type: none"> - Trial weighted products with Your child. These are often found to have a calming effect. Trial: - weighted toys, heat pack, bag of rice, heavy bean bag. Place these items over Your child's lap or shoulders during sitting, on his trunk or back during lying, or arms and legs. 	

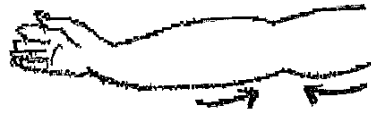
JOINT COMPRESSION AND DEEP PRESSURE TECHNIQUE

1. **Joint Compressions:** Start on one side at the wrist and work up to the shoulder. Then repeat on the other side of the body. Ensure your movements are slow and ensure the palm of your hand rather than fingertips applies the pressure.

Wrist compression: With wrist and arm aligned, place one hand in the child's open hand and the other one just above his wrist. Push your two hands together to create pressure through the wrist joint. Hold for ten seconds and repeat once.



Elbow compression: With the arm straight, place one hand on the muscle area below the elbow and the other one above. Hold for ten seconds and repeat once.



Shoulder compression: With the elbow bent, place one hand underneath the elbow and the other over the shoulder. Push together to compress shoulder. Hold for ten seconds and repeat once.



2. **Deep Pressure:** Ensure your palms rather than fingertips apply the pressure. Move slowly and calmly.

Place your hands on either side of the child's open, flat hand. Press your hands together for a count of 10seconds. Release and move gradually up the arm applying the pressure at the points indicated.



At the shoulder, place your flat hand on each shoulder and press down for 10secs. Release and repeat twice. Then place your hands on the side of the shoulder for a count of 10secs. Release and repeat twice. Then place one hand in front of the shoulder and the other behind for 10secs. Release and repeat twice.

