

How Do I Try a Sensory Strategy?

1. Choose one behaviour that you want to address.
2. Review the chart “Common Difficulties with Sensory Systems” and determine which area the student appears to be having difficulty.
3. Once you have determined what you think the area of difficulty is, choose one strategy from the “Have You Tried?” resource that you think might best address that area.
4. Decide how and when the strategy will be used. Be very specific (i.e., what time of day, for how long, in what situations) and adhere to the schedule you set. Try to implement the strategy throughout the day instead of in response to a negative behaviour.
5. Define the changes in behaviour that you will expect with the strategy.
6. Introduce the strategy to the student. Explain what it is and how it will be used.
7. At least 2 weeks of trial will be needed to determine whether the strategy is effective.
8. After 2 weeks, reassess and decide whether the behaviour that you originally wanted to address has been affected. Did the defined changes occur or not?

*Sensory Strategies such as weighted vests or blankets, brushing programs, swinging and spinning could be potentially harmful and should not be tried without Occupational Therapy assessment and consultation.