



Sensory Processing Resource Sheet **Angela Bates, OTR/L (Cincinnati Children's Hospital)**

- Mahler, K. (2017). *Interoception: The eighth sensory system*. AAPC Publishing.
- Mahler, Kelly: <https://www.kelly-mahler.com>
- Spielman, Virginia: Ted Talk - [Your sensory health matters. Here's why | TED Talk](#)
- CO-OP Cognitive Orientation to daily Occupational Performance
 - ✓ <http://ot.utoronto.ca/clinical-community/continuing-education/coop/co-op-i-introduction/>
 - ✓ http://elearningcanchild.ca/dcd_pt_workshop/index.html
- Sensory based, protocol or curriculum
 - ✓ The Alert Program
 - ✓ Zones of Regulation
 - ✓ Superflex (social skills program)
- 3 P's –from CARES program – following a child's lead: **Praise, Paraphrase, Point out** - <https://www.uncchildrens.org/app/files/public/3fbe94d1-863f-47aa-a70a-18ee67cb8fef/pdf-childrens-care-kohls-thethreeps.pdf>
- Go Noodle: <https://www.gonoodle.com>

Strategies for couch rocking/other rocking:

- Provide structure of intense, predictable, clear repetitions of 'plop game' where we drop a beanbag ten times. We wait for child to push bag off their body, or lift bag for adult to raise it up and drop it again. We use simple, repetitive language, and encourage child to actively participate in managing the sequence. I would put this activity into a picture schedule and consider daily routines that it would help with transitions.
- If child craving 'boom' on couch initiates extreme rocking while parent sitting on couch, we have had luck with another game that I call- 'Garbage truck.' The child is encouraged to stand against the couch back and behind parent, and parent leans back and squeezes child against the couch with garbage truck sound effects...then using principles of repetition, clear predictable pattern of 3-5 times, simple, clear language, and encouraging child to participate in managing sequence.