

**NO NEED TO BE A  
THERAPIST...YOU ARE DOING  
GREAT AS A PARENT/SIBLING**

**P. Diener, PhD, MS, OT/L**



# TOUCH SENSATIONS



- **INCORPORATE SENSORY ACTIVITIES INTO DAILY LIFE EXPERIENCES**
- **VARIOUS TEXTURES**
- **DRY/WET**



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# TEMPERATURE

- **COLD HAND ON BELLY**
- **COLD/WARM TOYS AND UTENSILS**





# AUDITORY

- **MUSIC ON RADIO, MUSIC VIDEOS**
- **TOYS THAT MAKE NOISE/MUSIC**
- **READ STORIES WITH ACTION**
- **BANGING TRASH CAN LIDS OR EMPTY CANS USED FOR PREPARING MEALS**



# INCORPORATE

- **TOUCHING CHILD WITH COOL/COLD HANDS DURING ACTION PARTS OF STORIES OR SONGS**
- **COLD/WARM TOY TO USE WHEN READING A STORY OR ACTING OUT A STORY IN PUDDING OR WHIPPED CREAM, ETC**
- **DRUMMING ON DIFFERENT SURFACES**

