

Dear Gemma

Thank you so much for inviting us to attend your Parent Education session for children with Sensory Processing Difficulties.

Since our first meeting/assessment with our Occupational Therapist Emily in July, our lives as a family have dramatically changed and improved. Our Daughter has difficulties and is a 'Sensory Seeker', she has problems controlling her actions, often hurting people without realising it, she has problems sitting still, controlling her volume levels, in fact her shouting is/ was a huge issue as was her biting , spitting and kicking, she had problems playing by herself as her attention span appeared to be zero and unless she had adult help could not play by herself, her brother several years older was scared to play with her as more often than not he would get bitten hard or hit so he would avoid her at all costs preferring to stay in his bedroom.

Although we used traditional methods like Time Out or Naughty Step to teach her acceptable behaviours as parents we were exhausted as we couldn't understand why she would just do it again. Our O.T was able to explain to us why she did the things she did, helped us to understand her behaviour and most importantly how we as a family could help her. By implementing a 'Sensory diet' 'Sensory Snacks' into her daily routine we have changed her behaviour dramatically. Her diet runs from morning till bedtime as a family we all help it may only take 10-15 mins 5 or so times a day but it works she is a different child.

We all get involved by doing simple exercises, deep pressure massage, stretching, getting her to lift, pull wipe and carry, even hoovering pulling the Hoover is great ! Her brother does bouncing on the trampoline more rough play really and they both enjoy it and as a result have a much better relationship. This actually works she is a different child, calmer, kinder can sit still and is able to concentrate without flitting from one thing to the next.

We have a 'Bear Hug' which has been truly brilliant, we use it if we need her to concentrate for any amount of time for example she can now feed herself as she can sit still at the table and enjoy family dinners, her volume control is improving all the time. We can go out and know that having done her diet and with snacks along the way we can enjoy ourselves. The results have been amazing, HOWEVER none of this change has happened by itself! It takes time, effort commitment and an open mind. If you as a parent don't do the 'Sensory diet' you pay the price and behaviour returns to normal.

I cannot express how brilliant the advice and help from our O.T has been, it truly works, but as a family we have to be bothered to do it and keep finding different ways to adapt it to suit our daughters needs, she herself has learnt she feels better after it and will ask to be 'stretched' or bounced or squeezed. But all of it can be done at home or school.

It is not a magic pill, its better, its fun, easy and can be incorporated into their everyday life.

Many Many Thanks  
The Jobling Family

