

Hidden Sparks Without Walls Parent Connection

Hidden Sparks Without Walls Parent Connection is a series of courses designed to bring together educational professionals and parents in order to improve the quality of the educational experience for all students, including those who struggle.

We hope that the information provided in these courses is helpful, however every child, family, and teacher is different and the strategies and techniques discussed in the seminars do not necessarily apply to every situation.

Hidden Sparks Without Walls Parent Connection does not, in any way, substitute for personal professional assistance or guidance delivered by an educational or other professional dedicated to assisting your child or family.

Hidden Sparks Without Walls, and the Hidden Sparks program in general, does not offer evaluation, recommendation, or consultation services to individual students or families.

About Hidden Sparks

Hidden Sparks is a non-profit whose purpose is to help children with learning differences reach their full potential in school and life. Hidden Sparks develops and supports professional development programs for Jewish day schools to help increase understanding and support for teaching to diverse learners.

Guided by a philosophy that helping schools meet the needs of children with learning and behavioral differences will ultimately benefit all students, Hidden Sparks' programs combine professional development in learning and positive behavioral support, guided classroom observation and one on one coaching. The Hidden Sparks model and program is currently in 36 Jewish day schools/*yeshivot* in the New York, Baltimore, and Chicago areas.

More than 20 schools have received Hidden Sparks services using federal title funds.

Welcome to *Hidden Sparks Without Walls Parent Connection*. We will be starting shortly...

To alleviate background noise and ensure a quiet session, your phones have been automatically muted. Questions and comments can be submitted via the **CHAT FEATURE**.

While we are waiting, activate the chat feature by clicking in the “Chat” tab that is located below the attendees list on the right of your screen.

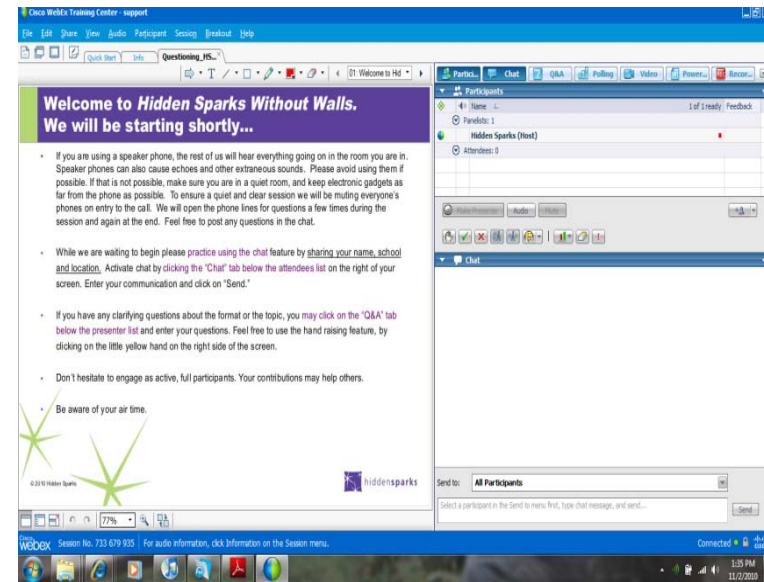
When chatting, please remember:

- Select “**All Participants**” so everyone can see your message .
- If you have any clarifying questions about the format , or the topic, you may click on the “**Q&A**” tab located below the presenter list and enter your questions.
- Feel free to use the **hand raising feature** by clicking on the little yellow hand on the right side of the screen.

*The Hidden Sparks Without Walls
Parent Connection Series
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Sensory Processing Strategies at Home

With Chaye Lamm Warburg

March 17, 2015

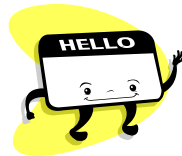


www.hiddensparks.org

Welcome & Conference Etiquette

Below are some tips that will help make this conference call successful:

- **PLEASE NOTE:** We will be muting phones automatically, but when we open the lines for questions we will want to ensure that those questions can be heard and answered without undue background noise.
- **For best reception, we recommend your using a landline rather than a cellphone.**
- **Please participate in a quiet, undisturbed room** to avoid background noise if you are called on to raise a question.
- **Chat Room & Question/Answer Box** – Those participating on-line may use the chat room and question/answer box on the lower right of their screen to enter questions and comments at any time. During the designated Q and A times, you will be able to “raise your hand” in the sidebar, and we will unmute you for questions
- **Identify Yourself** - When you ask a question verbally during the designated times, please identify yourself by name and school or state on-line in the chatroom.



Our Guest: Chaye Lamm Warburg



- Chaye Lamm Warburg, DPS, OTR/L, is the founder and director of Pediatric Occupational Therapy Services in Teaneck, NJ. She is certified in the Sensory Integration & Praxis Tests, Interactive Metronome, Therapeutic Listening, The Listening Program®, and MEDEK, and is trained in Floortime. She lectures extensively to parents, teachers and therapists and teaches a pediatric occupational therapy lab to MA students at NYU. She believes in a two pronged approach to treating children with sensory processing dysfunction (SPD): providing strategies to help the child (and parent) survive day to day, coupled with intense in-office therapy to eliminate or minimize the underlying problems.

Overview of the Session

- Do you have a “sensational” child whose needs overwhelm your household?
- Learn to view your child’s behavior through a new lens of sensory integration and develop a toolbox of strategies to utilize during the most challenging times of the day
- This is an educational opportunity and is not a substitute for an evaluation and treatment by a certified occupational therapist



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Session Goals



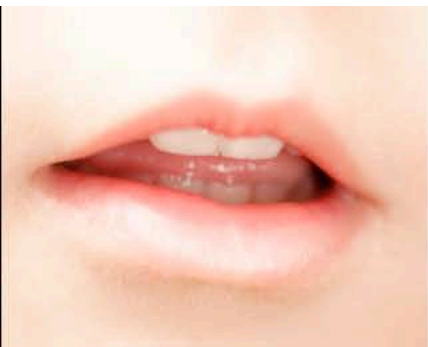
- Identify the sensory challenges your child is struggling with
- Develop a sensory toolbox to help you navigate the most difficult times of the day

Sensory Integration

Sensory Integration is the process by which the brain takes in and makes sense of the information that we get from our senses.



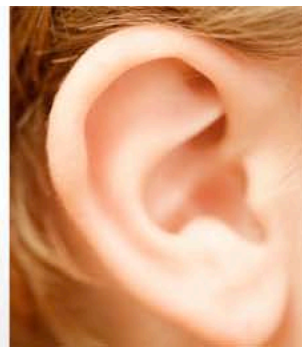
The Five Senses



Tasting



Touching



Hearing



Smelling



Seeing

Two senses you did not learn in kindergarten

2

Proprioception

The “position sense;” the unconscious awareness of sensations coming from our joints, muscles, tendons and ligaments that provides us with an internal map of how our body parts are related, and the effort used to move them.



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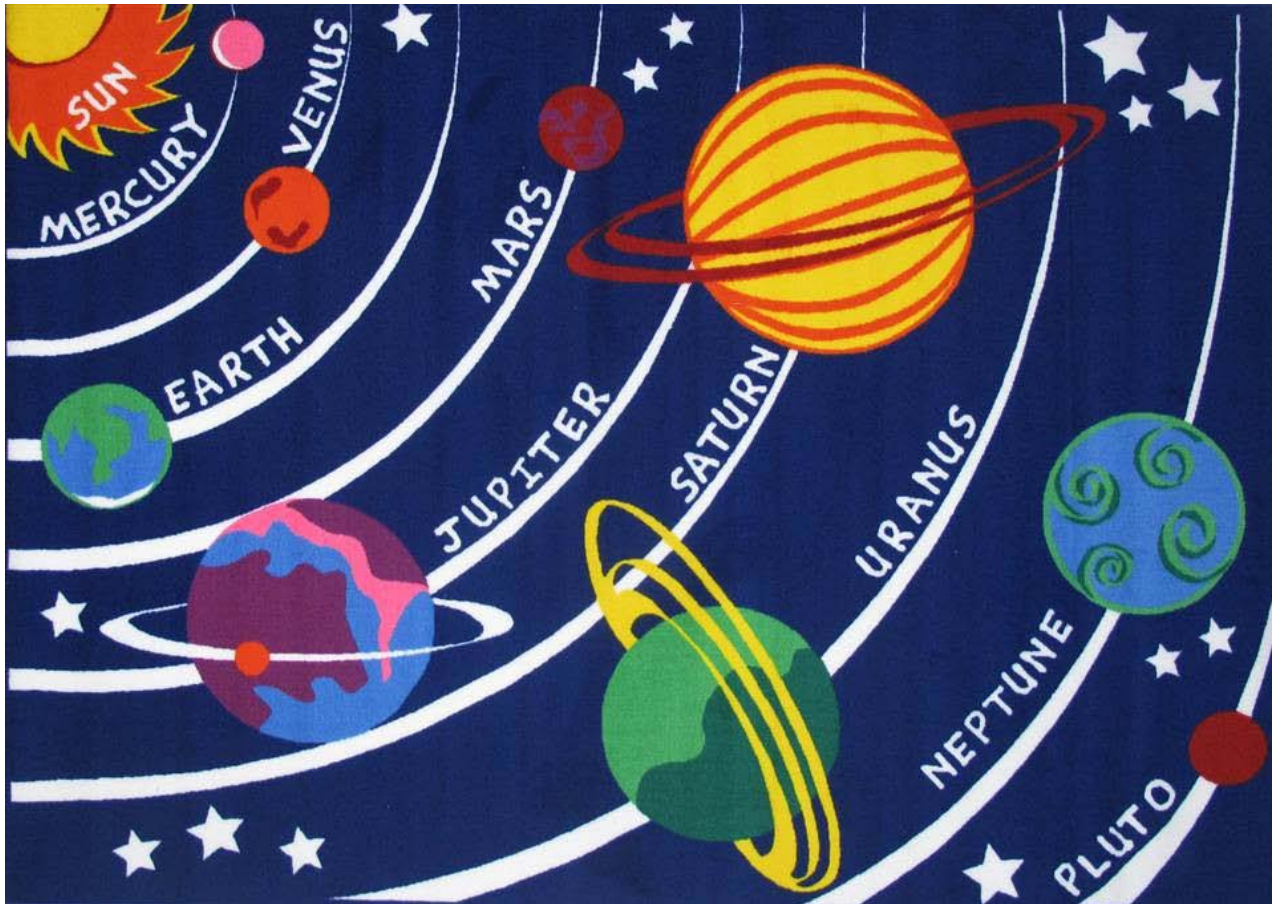
Vestibular system:

The sensory system that responds to changes in head position and movement. Coordinates movements of the eyes, head and body; enables us to feel the pull of gravity. Receptors are in the inner ear.

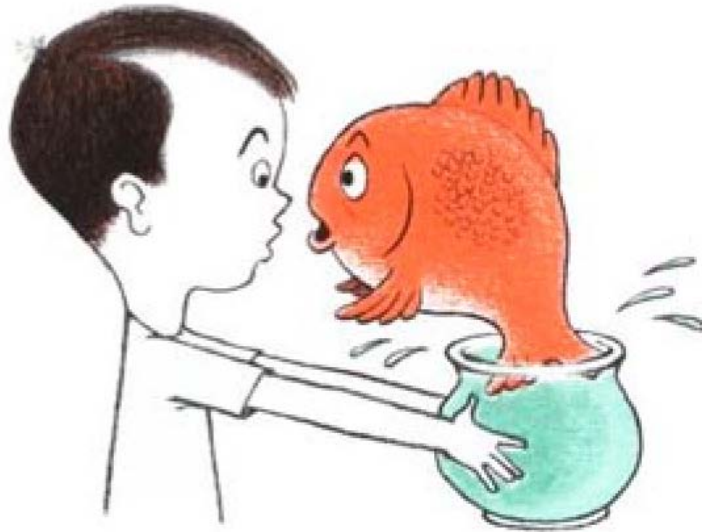


move . play . grow

Space



A Fish Out of Water



"Never feed him a lot. Never more than a spot! Or something may happen. You never know what."

- Helen Palmer Geisel (A Fish Out of Water - Dr. Seuss)

Is it “sensory” or “behavior?”



View children's behavior through the prism of sensory integration

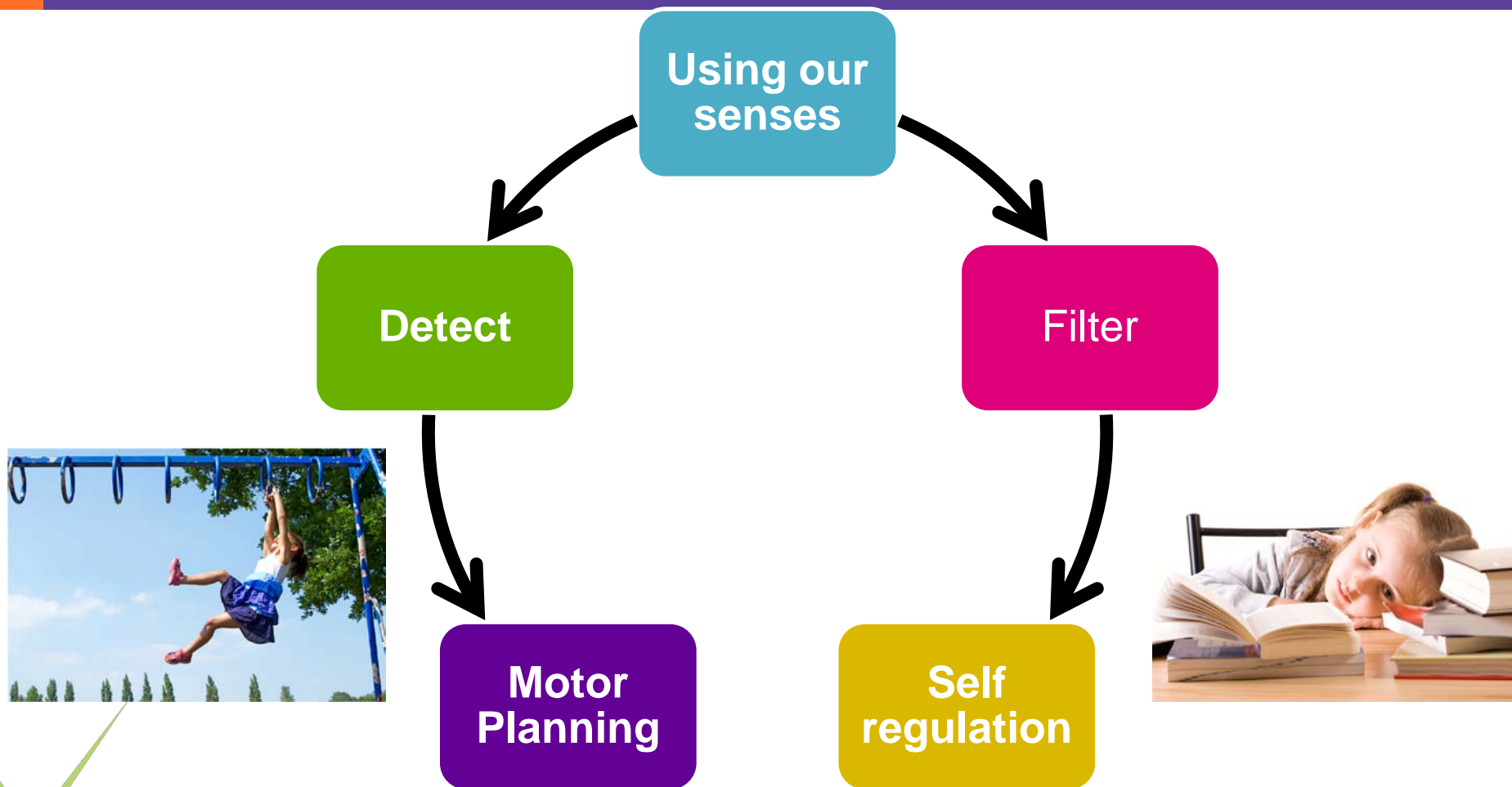


What is Sensory Processing Disorder (SPD)?



- SPD is a glitch in the way we take in, process, and act on information from our bodies and our surroundings
- When all “systems are go” we can attend to what we need to, ignore what is irrelevant, manage our behavior, easily follow directions, play with friends, and learn new skills

Two products of sensory processing

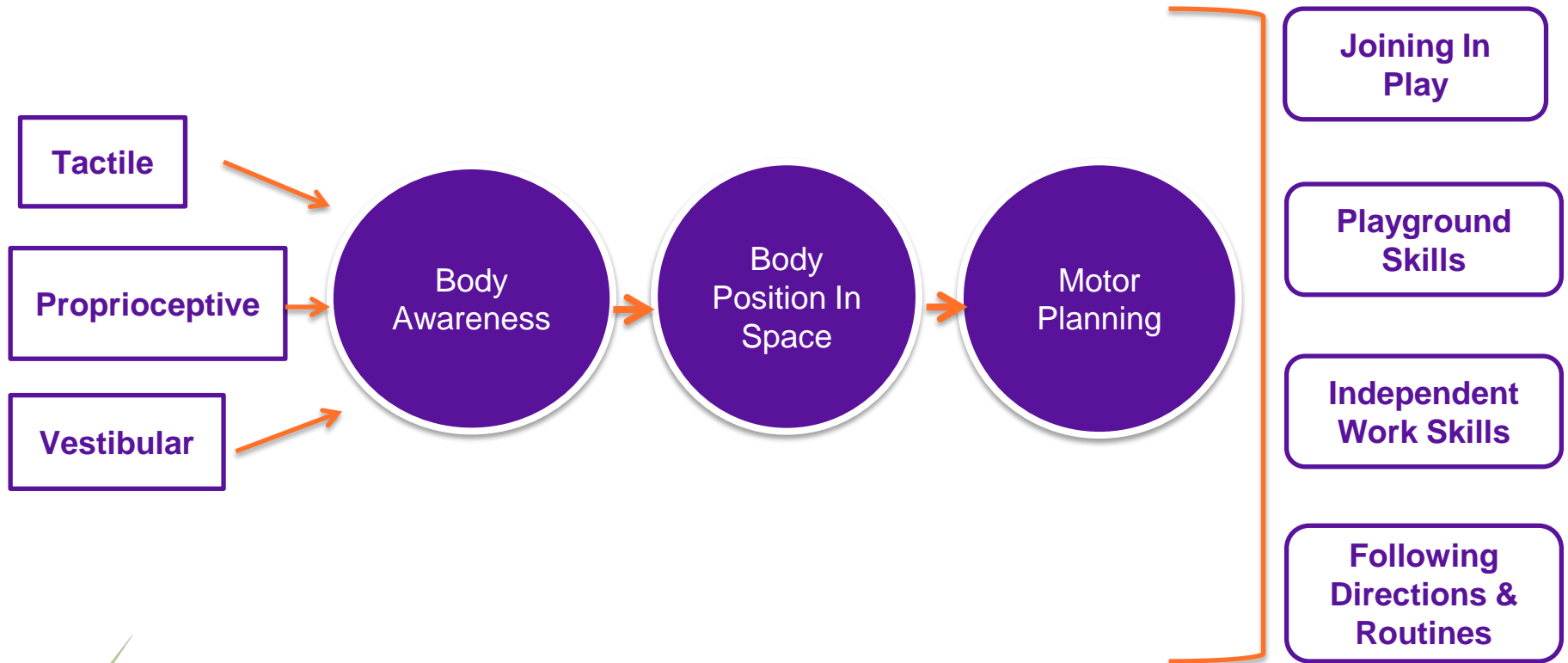


Self Regulation



The ability to control one's activity level, level of alertness, and physical and emotional responses to sensory input. The well-regulated child will go through most of his day in a calm alert state without being distracted and inattentive, and be able to smoothly transition between activities.

From Sensation to Function



What Can Parents Do?

- Figure out what the problem is—be a detective
- Promote self regulation proactively: Sensory diet
- Be prepared for the most challenging times of the day
- Teach others to view your child through the prism of sensory integration

1. Detective Work



- Note the content of behavior
- Look for patterns of behavior
- Recognize antecedents and triggers

2. Promote self-regulation proactively

Acknowledge

Anticipate

Reassure

**Design a socially
acceptable
solution: strategize
together**

**Sensory strategies
& “sensory diets”**

3. How to Design a Sensory Diet

- Determine the goal of your home program:
 - Calming, grounding and organization?
 - Alerting to ramp up attention and postural control?
 - Improve body awareness, sense of body position in space, motor planning, and coordination
- Map out the day
- Plug in activities to maximize success



Sensory Diet Worksheet

Sample Sensory Worksheet

Time	Key Events in the Day	Sensory Diet Activities
7:00	Wake-up	
	Mealtime Suggestions	
3:00	After-school Ideas/ Pre-home-work	
4:00	The "witching hour" begins: Homework	

Sensory Diet Worksheet

Sample Sensory Worksheet

Time	Key Events in the Day	Sensory Diet Activities
5:00	Before-dinner Activities	
6:00	Bath Time	
7:30	Bed Time	

POTS Sensory Diet

Sample Sensory Diet For Home: Have A Sensational Day!

Time	Key Events in the Day	Sensory Diet Activities
	Wake-up	<ul style="list-style-type: none">• To calm:<ul style="list-style-type: none">- Slow and rhythmic pillow squishes- Roll up in blanket like a "hotdog"-squish- Massage• To arouse:<ul style="list-style-type: none">- Jump on bed- Minty toothpaste
	Mealtimes	<ul style="list-style-type: none">- Sit at the end of the table- Phone books under feet - - sit with feet flat• To calm:<ul style="list-style-type: none">- Thick liquids thru a straw (yogurt, applesauce)- Chewy foods (bagels, granola bars, carrots)- "Grounding" shoulder squishes• To arouse:<ul style="list-style-type: none">- Crunchy food (pretzels, apple, nuts)- Water bottle with a sports top- Theraband around chair legs
3:00	After-school/ Pre-homework	<ul style="list-style-type: none">- Bicycle, scooter• Calming Activities<ul style="list-style-type: none">- "Push of war"- Carry or push a heavy basket full of laundry- Play-Doh- Gather leaves or shovel snow• Alerting Activities<ul style="list-style-type: none">- Trampoline- Sit-jumps- Do laps around the house jumping

POTS Sensory Diet

Sample Sensory Diet For Home: Have A Sensational Day!

Time	Key Events in the Day	Sensory Diet Activities
4:00	The “witching hour” begins: Homework	<ul style="list-style-type: none">- Consistent routine- Designated, quiet, organized space- Gum- Headphones
5:00	Before dinner	<ul style="list-style-type: none">• Calming Activities<ul style="list-style-type: none">- “Bubble Mountain”: Fill a container with soapy water and use a straw to blow bubbles to the top- Cotton ball races- Pillow sandwiches
6:00	Bath Time	<ul style="list-style-type: none">- Variety of textures- sponges, washcloths, loofah brushes, etc.- Spray bottle with water and “melt” foam monsters- Dump and fill containers and pails of water- Give deep pressure as you dry off your child
7:30	Bed Time	<ul style="list-style-type: none">- Deep massage- Heavy blankets- Use soft voice to read a story- Big bear hugs

Principles to Live By



- “When in doubt, prop it out”
- Heavy work, slow, rhythmic activity is calming
- Rapid, irregular, unexpected movement is alerting
- Prepare for praxis

When in doubt “prop” (rhymes with cope) it out



- Big hug
- Rearrange couch cushions
- Controlled rough housing
- Pack a suitcase and play “Hotel”
- Rake leaves
- Shovel snow
- Tug of War
- Rock wall & monkey bars
- Animal walks
- Obstacle course
- Pushing shopping cart
- Vacuum & Swiffer
- Chores: laundry basket and groceries
- Unloading the washer and drier
- Heavy backpack or weighted lap pad

3 Ways to Make Your Morning Easier



- **To Calm:**
 - Slow, rhythmic pillow squishes
 - “Hotdog/hamburger
 - Massage/”brushing”
- **To arouse:**
 - Minty toothpaste
 - Up-beat music
 - Jump on bed
- **Praxis**
 - Routine, routine, routine!
 - Velcro schedules and lists
 - Lay out a “person”
 - Maximize waiting for the bus time:
 - Group hugs
 - Push out the wall

Dressing Your Hypersensitive Child

- Shopping:
 - Soft fabrics are best
 - Choose sweatpants, yoga pants, and leggings over jeans
 - Let your child approve clothing once you bring it home
 - Pre-wash clothing before wearing
 - Tag-less underwear and shirts
 - Seamless socks
 - Cut out labels and tags
 - Tag and seam bandaids
 - Give choices wherever possible
- Pick out clothes the night before
- Sensory preparation before getting dressed



Pre-homework prep: solid sitting and self-regulation



- **Calming Activities**

- Bicycle, scooter
- “Fragile egg”
- Play-Doh, Model Magic, dough
- Gather leaves, shovel snow, dig
- “Bubble Mountain”
- Wall push ups

- **Alerting Activities**

- Trampoline
- Sit-jumps
- Somersaults; headstands, yoga poses
- Snacks: crunchy, minty, spicy

Homework: Calm, alert and organized



- Think sensory!
 - Seating options
 - Sensory Survival kit:
 - Movement breaks
 - Fidgets
 - Rhythm: Gum, sports-top bottle
 - Auditory & Visual:
 - Dinner prep and homework don't mix
 - Designated, quiet, organized space
 - Music & headphones
 - Weighted vest & compression vest

Meal Time



- **Seating options**
- **Prepare the mouth**
- **Use food to your advantage**
- **To calm:**
 - Thick liquids through a straw (yogurt, applesauce)
 - Chewy foods (bagels, granola bars,)
 - “Grounding” shoulder squishes
- **To arouse:**
 - Crunchy salty food (pretzels, apple, nuts, carrots, popcorn, sour sticks)

Bath Time



- Deep tub; warm water
- Variety of textures- sponges, washcloths, loofah brushes, etc.
- Spray bottle with water and “melt” foam monsters
- Dump and fill containers and pails of water
- Have a towel to keep the body temperature even
- Firm pressure to dry
- Deep massage with lotion

Bed Time: the ultimate transition



- The power of routine
- No interruptions
- Use soft voice to read a story
- Deep massage
- Heavy blankets
- Bear hugs
- Sleeping bags

Upcoming Hidden Sparks Without Walls Parent Connection Sessions

Tue . April 14 8 -9 PM	'For Teachers and Parents: Helping Boost Your Child's Self Esteem With Mindy Rosenthal
Wed. April 29 8 – 9 PM	For Teachers: She Said What? With Zipora Schuck

***Registration for our summer Blended Learning Lenses Course
for educators is now open.***

Go to www.hidden-sparks.org for more information.

Hidden Sparks in schools

The Hidden Sparks program is currently in 26 Jewish day schools/yeshivot in the New York metro area, 7 schools in Baltimore and 3 schools in Chicago.

Since inception, Hidden Sparks has trained 120 Internal Coaches from 50+ ICP participating schools and has provided school-based coaching to a total of 15 Hidden Sparks External Coach Schools.

More than 1,200 teachers have received Hidden Sparks training, impacting an estimated 12,000 students.

If you are interested in bringing **Hidden Sparks
to your school or city, please contact us at:
212-767-7707 or news@hiddensparks.org**

Contacting Hidden Sparks

Contact Presenter:

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