

Helping Your Child Navigate the 21st Century

A.) Brief Description of the Child's Sensory Nervous System – **"The Car Model"**

*Tactile/touch- seat upholstery, springs in the seat, feel of the steering wheel

*Vestibular- feeling the car motion when on the road and when parked

*Proprioceptive- car seat/mirror adjustment, wheel alignment, shocks

*Visual- clarity of the windshield, mirrors, view of the road

*Auditory- stereo volume and frequency control, car/road noise

*Olfactory- smell of the car, passengers feet

*Steering Wheel- "control box" needed for over-riding when the above systems do not provide accurate expected information. This is the frontal lobe of the brain.

B.) The Sensory Range of our **"Car Model" (1-10)**

*Too Low (1-3), "Too Slow"

*Best Conditions (4-7) for learning, playing, motor skills and behavior "cruise control"

*Too High (8-10), "Too Fast"

These systems are on **"ALL THE TIME"!**

Whatever the child/adult sees, feels, hears, moves, smells, tastes gets **registered for life!!!**

C.) When one sees/experiences a behavior that they do not like nor want, it is time to look at the **"Car Model"**

D.) If you or your spouse experienced struggles in childhood and if there is a family history of "issues" or you are a teacher/coach and your class/team is "unruly/disengaged" it may be a great time to look at some **"Car Model Strategies"**

E.) Utilize "steering wheel" strategies as well as "Car Model Strategies"

i.e. "we are going to go quietly over to circle time managing our body bubble all the way to the carpet area, group B first", etc...

Sensory Motor Do's and Don'ts

Do's

- Read to kids daily
- Listen to child's non-verbal cues
- Help her/him be a team player
- Walk to school
- Keep praise specific and humbling
- Ask the question, "why" that behavior
- Feel free to ask for help
- Read more on the subject/behavior you have concerns about
- Communicate more often with others that are "walking the walk"
- Pray for your kids and All kids
- Realize sensory sensitivities are real
- Give choices
- Listen to books on CD in your car
- Engage multiple sensory systems
- Spend more time with your kids
- Feed your child's sensory systems
- Substitute a preferred behavior for a non-preferred behavior
- "MOVE"

Don'ts

- Do TV/screen time prior to school
- Make excuses for uncharacteristic behaviors
- Enable your son's and daughter's
- Drive your child all the time
- Brag about your child
- Think there is an instantaneous way to change a child's behavior
- Go it alone
- Allow strangers to be authority's on your children
- Explain away behaviors
- Talk too much (coaches, teachers)
- "Drive-Over" sensitivities
- Dictate to your kids
- Turn on car DVD under 2hr car ride
- Have grandparents buy hand held electronic devices
- Spend lots of money on your child
- Become your child's sensory trampoline
- Negate your child's need to get her/his own sensory needs met
- Allow excessive slug time