

Making a Sensory Kit & Using Visual Supports

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Developmental & Behavioral Pediatrics

- 1) Clinical Services
- 2) Research
- 3) Community Program: Strong Center for Developmental Disabilities (SCDD)



Strong Center for Developmental Disabilities

University Center of Excellence in Developmental Disabilities (UCEDD) that promotes:

- Independence
- Productivity
- Integration & Inclusion



Department of Health SSIP Project

IFaCT- Improving Family Centeredness Together

This webinar series is part of the New York State Systemic Improvement Plan aimed to improve family centeredness in early intervention



**STRONG CENTER FOR DEVELOPMENTAL DISABILITIES
PRESENTS**



IMPROVING FAMILY CENTEREDNESS TOGETHER WEBINAR SERIES

SEPTEMBER ● Engaging Families Through Facebook Groups

OCTOBER ● Making a Sensory Kit & Using Visual Supports

NOVEMBER ● Early Child Development

DECEMBER ● Understanding Autism

JANUARY ● Connecting Families to Existing Resources

FEBRUARY ● Parent Advocacy & The Family Experience

MARCH ● Communications & Information Dissemination

APRIL ● Inclusion in Recreational Spaces

MAY ● Cultural Responsiveness

JUNE ● Navigating Eligibility Within State Systems

*This webinar series is part of the New York State Systemic Improvement Plan
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Webinar Series Housekeeping

- 1. 10 webinars, 1 per month September through June**
2. Webinars will be recorded and available for viewing after the fact, through the SCDD website, and on our YouTube channel (PediatricsURMC)
3. Satisfaction surveys upon completion of the webinar, please send your feedback! Complete survey to receive webinar certificate.
4. Use the chat to submit questions



Learning Objectives:

1. Setting the Stage for Sensory Supports
2. Why Provide Sensory Supports?
3. Understanding Sensory Needs
 - Sensory Seekers vs. Sensory Avoiders
4. Types of Sensory Supports
5. Making a Sensory Kit
6. Understanding Visual Supports
7. Types of Visual Supports & How to Use Them

Setting Up the Environment with Sensory Supports

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Why?

- Ensuring everyone is valued
- Implementing necessary supports
- Knowing the individuals
- Promoting positive behavior
- Inclusion



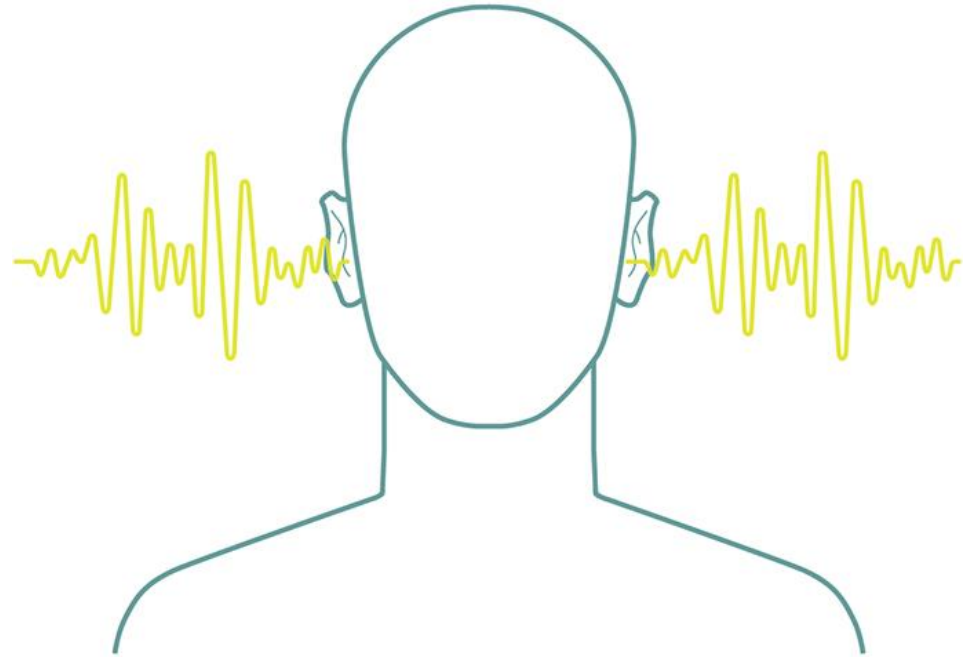
Why?

Consider how sensory differences impact other behavior you might be seeing



Considerations

- Space
- Lighting
- Noise
- Equipment/materials
- Available supports
- Other People



Understanding Sensory Needs

Sensory seekers

May be described as overactive. They may eat excessively or over stuff their mouth. Typically they are ok with loud noises, they climb too high or not be able to sit in their seats and like to spin or move their hands and arms.

Sensory avoiders

May be described as 'picky' or 'sensitive', possessing behaviors like; avoids messy activities, enjoys the quiet, may avoid physical contact with people or walk on their toes.

Sensory Supports

Consider the following senses:

- **Touch**



- **Sound**



- **Sight**



- **Smell**



Making a Sensory Kit: What to Include

- Consider the senses: What does the individual need for calming? What about seeking?
- Some common examples include, sunglasses, headphones, tissues, stress ball, light toy, picture book, visual supports (discussed later).

Calming Kit List

Examples of items to be included in a “Calming Kit” and why they are useful.



Tips for Making a Sensory Kit

- Use it during periods of transition
- Create it WITH the child if possible
- Put together a few different versions to provide individualized options
- Re-evaluate its effectiveness over time
- Adapt as you go

Mobile Sensory Room

- Create a mobile sensory room with a tent and a collection of sensory supports



Health and Safety

- Early Intervention Providers must:
 - Adhere to the New York State Department of Health Provider Agreement and the Health and Safety Guidance Document when delivering EI services
 - Protect the health and safety of children with respect to the equipment, materials, or other items used during the delivery of EI services
 - Ensure equipment, materials, and/or toys used by the provider are appropriate for the child's developmental age and skill level.
 - Ensure equipment, materials, and/or toys used by the provider are in good condition, free of lead, and are cleaned regularly and disinfected weekly

Discussion and Share Out

- What kinds of sensory supports do you currently use?
- Where could you see yourselves adding supports?

Benefits of Visual Supports

- Increase social skills
- Promote appropriate communication
- Support routine/predictability
- Aid in redirection to task

Examples of Visual Supports

- Social Stories: Visual guide describing social interactions, situations, behaviors, skills or concepts
- Visual Schedules: Visual cues providing information on a sequence of events
- Picture Communication System: Visual cards used to communicate
- At a simpler level, images next to text (e.g., bathroom sign, international sign of accessibility)



good morning



awake



toilet



breakfast



grooming



get dressed



	pull pants down		flush the toilet
	pull underwear down		wash hands with soap
	sit down and potty		rinse off soap
	wipe		dry hands
	pull up pants		ALL DONE!!

Special Education: Stivers





Riding the Bus

1

get on bus



2

find empty seat



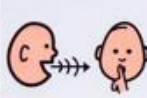
3

ride bus



4

talk quietly



5

get off bus



Morning Schedule

Eat breakfast.



Put on shoes.



Put on coat.



Put on backpack.



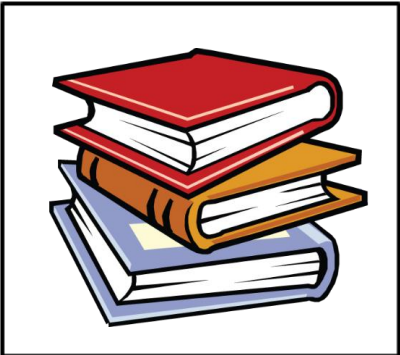
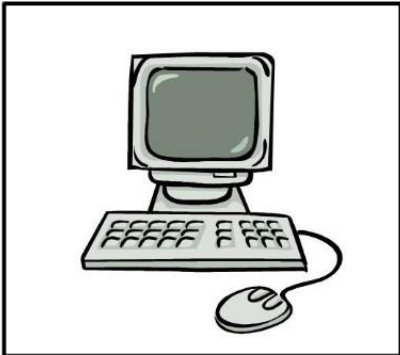
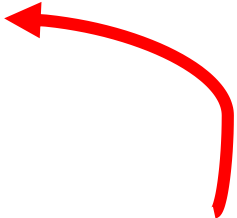
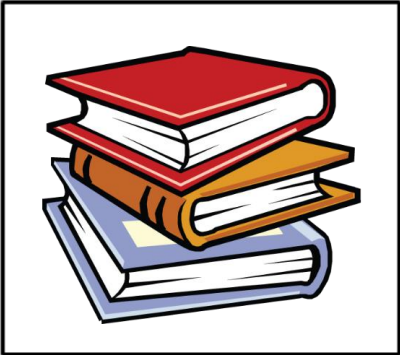
Get in the car.



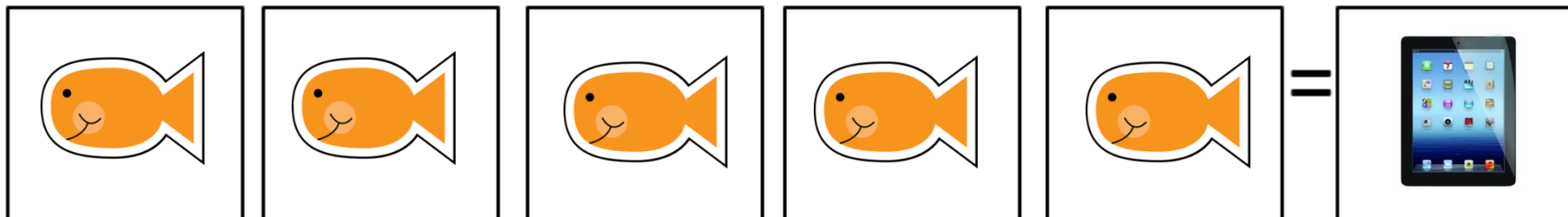
Have a good day!



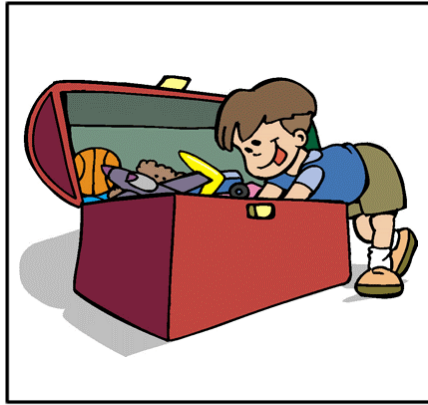
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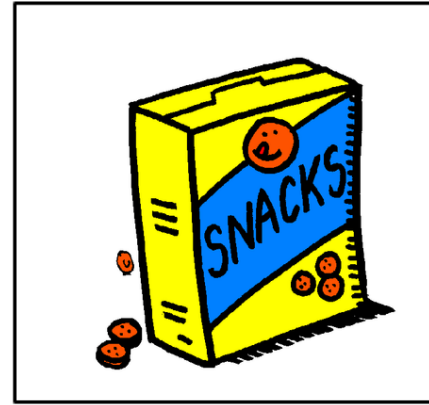
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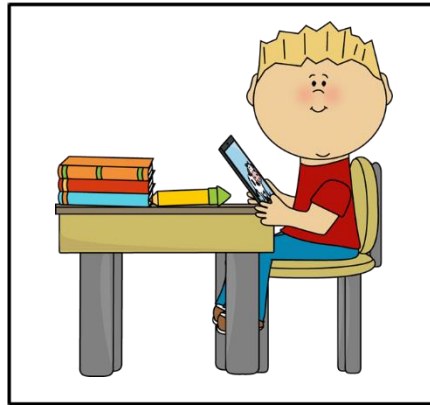
First



Then



First



Then



Food as Reinforcement

- Foods should be nutritious, non-toxic, and should be based on the child's developmental abilities, and allergies are considered (e.g., avoid popcorn and peanuts).

Health and Safety General Standard # 5





Reinforcement!



Finding Visual Supports

- Google search feature (tools→user rights→labeled for reuse)
- Use Pinterest for ideas
- Autism Speaks-Autism Treatment Network: Visual Supports and Autism FREE Toolkit

<https://www.autismspeaks.org/tool-kit/atnair-p-visual-supports-and-autism>

Tools for Making Visual Supports

- Printer
- Laminator
- Velcro
- Software: Boardmaker



Tips for Making Visual Supports

- Individualized is KEY!
- Take pictures of actual items, locations, events, people. The more specific the better.
- Make them with the individual, to get them excited about using the support(s).
- Consistent use matters.

Questions



Resources

1. Picture Exchange Communication System (PECS):
<https://pecsusa.com/pecs/>
2. Boardmaker Online:
<https://boardmakeronline.com/>

Autism Speaks

Online Toolkit:

https://www.autismspeaks.org/docs/sciencedocs/atn/visual_supports.pdf

Autism Up

Online Social Stories: <https://autismup.org/community-resources/community-resources-more/social-stories>

Including:

- Social Story For Feeling Safe
- Social Story Explaining Sad Event
- Resources On Wandering
- Safety Cards
- Resources On Elopement

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We want your feedback*

<https://www.surveymonkey.com/r/scddwebinar2survey>



***Complete the online evaluation in order to receive a certificate of completion**



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