

If you require any further information or support you can contact us via dojo/tapestry or on the following:

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INCREASING PROPRIOCEPTIVE INPUT

INSIDE

- Ask your child to get involved in chores such as sweeping, mopping, carrying laundry or washing the table
- Play Games that involve pushing and pulling e.g. row the boat
- Crashing into cushions or beanbags.
- Helping with stirring or kneading when cooking and baking.



OUTSIDE

- When playing with sand, use wet sand to increase resistance.
- Climbing
- Digging in soil or sand
- Helping to push a wheelbarrow
- Encourage your child to push siblings on trikes/cars
- Pedalling a bike or trike
- Raking the lawn or sweeping the path



BEDTIME

- Use massage to help your child relax before bed
- Provide deep pressure by 'squashing' your child with cushions along their body
- Complete gentle stretches
- Deep breathing activities
- Rub lotion onto body using firm strokes
- Give deep pressure with a towel following a bath/shower

