September 2019 Edition

CREATIVE NEWS

MONTHLY NEWS AT CREATIVE DEVELOPMENT, LLC

SEASONS CHANGING & Sensory Strategies

Transitioning from summer to winter is very demanding for children with increased difficulties processing and regulating various sensory input. During the summer, the weather is consistent from one day to the next. However, the weather in the fall can be unpredictable – one day is hot, the next day is cold. With each temperature change, our bodies need to adapt. This may be easy for the average person. However, for children with sensory regulation difficulties, this can be the biggest nightmare. Continue reading on the next page to learn tips on how to help your child when the seasons change.

UPCOMING DATES

9/2 - CLOSED for Labor Day

9/10 - Start the Year with a High Quality IEP information session, contact Grace@ct-arsc.org for more information.

9/22 - CT Science Center Sensory Sunday is lowering the volume and dimming the lights for our sensory-friendly kids! Visit ctsciencecenter.org for more information.

DID YOU KNOW?

Creative Development, LLC wants to know how we are doing! In order for us to provide you with optimal services and care, please locate our Patient Satisfaction Survey in our office or in your inbox. This survey should only take 5 minutes and is completely anonymous.
Thank you in advance!

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When the Seasons Change...

Let's help our children perform better in their daily routines and activities! First, it is important to understand that children with sensory regulation difficulties will be in the "fight or flight" mode during the season change. Sometimes kids do not notice when their body feels hot or cold and sometimes it is not as easy as taking off a sweatshirt or putting on a heavier coat.

Sensory Strategies

1. Hot, Cold, Hot, Cold

One day the weather says "summer is back"" and the next day the weather says "winter is coming." It's so inconsistent! Let your child try dressing in a short sleeve shirt, then provide a soft sweater or sweatshirt to put on. Use a visual timer or visual schedule to help with resistance to put on or take off the additional layers!

2. Frozen Feet

Most children love the summer time because it means no shoes, no socks, no problem! In the fall, socks with seams can be irritating for our children. Find socks with no seams! The material is soft and comfortable so it doesn't bother their skin!

3. Bedtime Woes

One of the toughest parts of the day for children with sensory disorders is bedtime. So many parents say that bedtime causes meltdowns and tears because it is so tough for them to sleep. Finding the right pair of pajamas could make a difference. You will want to avoid textures like wool and maybe even flannel. Cotton is usually your best bet.

4. Pick Out and Wash!

Still having trouble with putting on warmer clothes? Make it fun! Let your child pick out an outfit from a few options of appropriate clothes! Before your child wears the clothes, be sure to wash them with extra fabric softener!

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