
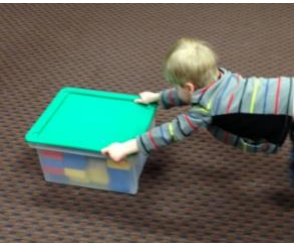




### Occupational Therapy Regulation Programme

Three times per day, schedule in 10-15 minutes to complete two of the following activities in a calm, quiet space. Think about making a room or corner in your house calm. Dim the lights turn off all screens, radios and TVs (anything that makes noise) and have some blankets and pillows available.

Try using this first thing in the morning, before lunch and then in the afternoon. Try to make these the same times every day.

While doing the actions, speak very little and slow your own movements.

<p><b>A Chair / Wall pushes</b></p> 	<ul style="list-style-type: none"> <li>• Press hands flat on wall/ down on to the chair and push with arms nearly straight.</li> <li>• Pulse using your body weight and count to 10.</li> <li>• Repeat 3 times.</li> </ul>
<p><b>B Push / Pull</b></p> 	<ul style="list-style-type: none"> <li>• Pushing and pulling a heavy item / carrying a bag of books up the corridor to create resistance.</li> <li>• Or you can push or pull an item of furniture.</li> <li>• Repeat three times</li> </ul>
<p><b>C Pressure</b></p> 	<ul style="list-style-type: none"> <li>• Try additional pressure to help ground and calm.</li> <li>• You can do these to the child or they can do them themselves</li> <li>• Place hands on the side of head and apply gentle but firm pressure.</li> <li>• Then rotate hands to front and back of head and do again.</li> <li>• Push hands together in seat hold for 5</li> </ul>
<p><b>D Row the boat</b></p> 	<ul style="list-style-type: none"> <li>• Do a very slow version of 'row the boat'.</li> <li>• Lean back and make them pull you back up as you play.</li> <li>• Create resistance for them.</li> </ul>
<p><b>E Tug of war</b></p>	<ul style="list-style-type: none"> <li>• Use a sheet or towel to play a slow</li> </ul>



motion tug of war game with your child.

- Create a lot of resistance for them to pull against.
- You can even pull them slowly into you and give them a big squeeze if they're happy to be squeezed.