



CEDAR
INTERNATIONAL
SCHOOL
BRITISH VIRGIN ISLANDS

Is It Behaviour or Sensory Processing?



The Solution Studio

Behaviour: Chews on Collars, Sleeves, Hair, Fingers, Non-Food Objects

Sensory Explanation:

Chewing on various items provides sensory feedback to the jaw and additional oral input. This can assist in self-regulation, promote attention to task and calm the nervous system in stressful situations.

Ideas to Help!

- Provide an oral sensory tool as an alternative & be sure that it is available at all times (attach to child's clothing).
- Try a Camelbak water bottle
- Give your child chewing gum (supervised)
- Provide chewy foods such as French bread



Behaviour: Homework-Has Trouble Sitting Still

Sensory Explanation:

The child may under register sensory input, necessary to attend, focus, and promote learning and overall cognition. Most children are asked to sit in a chair to complete homework, but the brain thrives on movement to attend and process information.

Ideas to Help!

- Switch out the regular chair for a ball chair or hippity hop ball.
- Try a Theraband wrapped around the legs of the chair.
- Explore fidget toys.
- Encourage at least 30 minutes of movement before sitting to do homework (not screen time)
- Let children stand or lay on the floor to do homework.
- Try doing homework on a vertical surface such as an easel, chalkboard or dry erase board.
- Offer crunchy or chewy snacks e.g. carrot sticks, pretzels or string cheese.



Behaviour: Writing Causes Great Distress

Sensory Explanation:

Handwriting requires a number of sensory and developmental skills to be in place. Fine motor, visual motor skills, shoulder stability, awareness of hands and arms play a large part in writing.

Ideas to Help!

- It is a good idea to have this assessed by an OT to determine areas causing distress and delay.
- Encourage the use of clay, Theraputty and playdoh.
- Allow for short periods of handwriting with frequent breaks.
- Offer an oral sensory tool for handwriting activities.
- Try a ball chair.
- Provide an easel or other vertical writing surface.
- Offer different pencils e.g. bumpy gripper pencils, triangular barrels, gel pens and pencil grips.
- Try paper with different textures and raised lines.



EVERY
CHILD IS A
different KIND OF *flower,*
AND ALL TOGETHER,
MAKE THIS WORLD

A *Beautiful*
GARDEN.

