

PROPRIOCEPTIVE SYSTEM

NEWSLETTER

WHAT IS IT?

Proprioception, sometimes referred to as the sixth sense, informs us of our body position in space. Receptors for this system are located primarily in our muscles and relay information on muscle length and tension. This allows us to know where our joints are positioned as well as the amount of force against our body and the effort our muscles need to apply at any given time.

For a child whose proprioceptive system is not functioning as it should, the messages that tell him where he is, how to move, and how much effort to exert just aren't as strong. These difficulties may manifest in a number of ways.

DIFFICULTIES CHILDREN MAY HAVE

- Frequent crashing, bumping, climbing, falling, or jumping
- Frequent kicking while sitting or stomping feet while walking
- Enjoys deep pressure from bear hugs, being "squished," being wrapped in tight blankets, or lying under something heavy

WHAT WE CAN DO AS PARENTS AND GUARDIANS

If you suspect that your son or daughter is experiencing difficulties in this area, working with an occupational therapist can provide further insight and help develop a plan for your child. The tools on the second page are also great resources to help your child with exercising and growing their proprioceptive system.



ITEMS YOU CAN PURCHASE ONLINE THROUGH AMAZON (LINKS PROVIDED)



Providing deep pressure by squeezing them in a “burrito” or “sandwich” using a blanket, pillows, or cushions. You can also deliver deep pressure through shoulder squeezes or massage. This inflatable taco can help support that pressure. Calming the proprioceptive system and overall nervous system.



Like the inflatable taco the body sock provides pressure needed for your child’s sensory diet. This body socks give the presence of being wrapped up in a blanket to calm the sensory system.



Resistive input. This could be squeezing something in your hands, chewing something particularly hard, or pushing, pulling, lifting, climbing, or crawling with the entire body. A weighted exercise ball gives resistance to the child wither they are picking it up or pushing it.

Kids often don’t have opportunities to run, jump, and play nearly as often as their bodies crave. With needing more than most children, having a wobbly chair can give that extra sensory needs that the child seeks throughout the day.



PURCHASE YOUR SPARKY SENSORY SACKS TODAY!

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all proceeds go to fund future sensory sacks!