



Deep Pressure Activities for Parents

Target: Physical, medical and sensory (SCERTS Reference: Self-Regulation SR 1.3)

Aim: Emotional Regulation (soothing) and Alertness.

Environment: Inside, outside, standing, sitting on a chair or even on the floor. Some of the activities can be done with 2 people.

Be guided by the child how much pressure and for how long.

Be aware that some children have a high pain threshold and won't know when the compression is causing injury.

NEVER put any pressure on the spine, head, temples or neck.

Always support the limb, head or body part, to which you are offering deep pressure

Be aware of appropriate touch. Some activities which are appropriate at a young age are not appropriate as the student gets older.

Be aware of your own positioning and health needs and don't put yourself at risk of injury.

Activities

Legs: Squeezes to the joints and muscles in the leg.

Shoulders: Compression (place hands on shoulders and compress down)

Compression (place hands on side of shoulders and compress in)

Shoulder blades (compress along shoulder blades with fingers and thumbs)

Arms: Whole arm compression (place both hands around your child's arm, starting just below the shoulder, compress and release, all the way down the arm)

Hands: Compress joints of fingers (let them place their hand on yours, compress your child's joints of fingers in turn between your finger and thumb)

Some children prefer fingertip compression, so follow as above, but compress the fingertip instead.

Fist compression (let your child make a fist, wrap your hand over their fist and compress)

Hand in hand (interlock your fingers with your child's and compress the knuckles)



Palm (let your child place their hands in yours, compress and release with thumb around the palm)

Feet: Compress joints of toes (let them place their foot on your hand, compress your child's joints of toes in turn between your finger and thumb)

Compress ends of toes (follow as above, but compress the toe ends instead.)

Whole foot (place hands around the foot and compress. This is good if your child is very sensitive on the bottom of their feet)

Sole of foot (let your child place their foot in yours and use thumb to offer compression around the sole of their foot)

Head: Sides of face (place hands flat on either side of face in front of ears to cup the face)

Forehead compression (place hand on forehead and other on back of head and compress gently)

Sinus compression (place finger tips on cheek bones under the eye socket and hold very gently)

Whole Body: Hot Dog in a Blanket - Wrap your child in a blanket (not covering the face or head). Ask them to lay on their front. Use a therapy ball to bounce on the body and legs and arms. Ask your child if they want ketchup on their hotdog, onions, mustard etc. With each different food item change the motion of the bouncing e.g. rolling, slow, fast etc.

Therapy/Gym ball: Child lays on sofa, cushions, bean bag. Roll ball over the child, back and legs. Avoid head and neck.

If you are not sure about any of the activities, DON'T DO THEM.

See Hannah Flint (OT), Alex Hermann (OT), your child's class teacher or Hannah Copeland if you are unsure of any of the above.

Hannah Flint (Occupational Therapist)

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