

# Occupational Therapy Newsletter

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SERVICES



Where Hope is  
Hard at Work

**W**e asked parents to inform us on which topics they want to read about in the newsletter and a good number of responses were "Ways to calm and quiet loud behaviors." Below you can find advice from Shanna Bird MOTR/L the clinic's very own Occupational Therapist.

## Ways to Calm and Quiet Loud Behaviors

While sensory input is not a one size fits all model that can be used across populations it is a trial and error approach that is used to determine the just right input for each individual's ongoing changing sensory needs.

For those students who tend to make a lot of noise with their mouths there are a few quieting techniques that can be trialed. Gum and hard candy can be used as a way to provide input to the mouth and re-direct the vocalizations to something more appropriate for the setting. Blowing whistles or bubbles is another way to re-direct vocalizations and the breathing helps with regulation. Prompt the student / child to suck water or other liquids through a straw and blow bubbles with the straw in the cup. Demonstrate with the student/child taking 10 deep breaths and counting in a slow and low pace and volume. Provide your child or student with a water bottle to have access to throughout the day.

Weight can be used in a number of different ways as a means to calm a student or child. Weighted/ Compression vests are used on and off throughout the school day to provide calming input. Weighted shoulder and lap pads can be used while seated at a table to help a child focus during academics. Some of our students require more intensive input for longer durations in order to get the desired response from the input. The sensory input can be layered in order to give more intensive input. Layering involves providing multiple types of sensory input at once. For example: Have a student wear a compression vest while carrying a stack of books across campus or the house and chewing gum.

Another calming technique used are joint compressions provided by the therapist or trained aide to the student's arm and leg joints. If you are interested in trying this technique please consult with your occupational therapist for a demonstration.

## Products We Love to Calm and Quiet

1. We love lip whistles! You can pick them up for a few cents at your local Party City or click [here](#) where you can buy them by the dozen. [www.orientaltrading.com](http://www.orientaltrading.com)
2. Fun and Function is our go to online store for the perfect Weighted/ Compression Vest. Click [here](#) to check them out; they have everything from denim to faux fur vest!  
[www.funandfunction.com](http://www.funandfunction.com)
3. Therapist tried and approved weighted neck wraps. They help to keep individuals calm and organized in a variety of stressful environments. Click [here](#) to find your perfect weighted neck wrap. [www.sensorygoods.com](http://www.sensorygoods.com)
4. Weighted lap pads help to soothe anxiety and wiggles. They also make a great car companion. Click [here](#) to find the lap pad that fits your needs.  
[www.funandfunction.com](http://www.funandfunction.com)

## Upcoming Events

- **Clinic Closed June 15<sup>th</sup>-30<sup>th</sup>**

Contact the OT department at (626) 449-2919, ext. 170