



## Parent Guidelines for the 12 Session Days

The first part of the **Sensory Learning™** program consists of 12 consecutive days of sessions at the Institute. The effectiveness of the program depends on daily participation. It is important that your child attends each session without interruption or break in sequence. Each day of sessions builds on the day before, and while it is a gentle approach, the nervous system is being challenged to gain flexibility. **By adhering to the following guidelines during the 12 session-days you will maximize the effectiveness of your child's learning experience.**

1. Clear your child's schedule as much as possible to allow time to integrate the challenge or change accompanying each session. Minimize activities that are stressful; and allow time for recreation, exercise or rest as your child's needs may dictate.
2. The sensory stimulation is engaging and exercises your child's whole nervous system. Concurrent therapies may be over-stimulating and/or counterproductive. Therefore, caution should be used in entering into additional programs or therapies during this time. You may even wish to suspend your regular programs for this short period of time. Please consult with your Sensory Learning practitioner if you have ongoing therapies or are planning additional ones.
3. We strongly advise that this is not the time to change medications unless you have discussed the Sensory Learning program with your prescribing doctor. Sensory Learning has worked well for many participants while they were on medications.
4. We encourage everyone to be comfortable during the sessions: wear comfortable loose fitting clothing for the sessions, remove your child's shoes, and consider bringing a favorite object of comfort.
5. During the sessions it is important to keep attention on the sensory inputs. We use toys, skin brushing, and foot massage, as needed, to help each child remain present and relaxed within the sensory environment. However, our goal is to allow the visual, and auditory stimulation to occupy as much of the child's attention as possible.
6. Please pay special attention to any dietary restrictions, as allergens have been known to affect accuracy in evaluation and can thereby compromise the program's effectiveness.
7. Support your child's health with plenty of fluids. Fresh and raw foods are recommended. Avoid highly processed foods such as fast food, as well as fried foods, refined sugar, food colorings, and preservatives.
8. Children with energy should participate in play activities that include lots of bodily movement, in-between their morning and afternoon sessions. Please arrange your child's nap times around their session schedule.
9. During the session series, try to be sensitive to any changes in sleep patterns, appetite, thirst, activity level, articulation or awareness your child may display. Sometimes a child will experience mood shifts during the program. These mood shifts are transitory and temporary. They may also display old behaviors such as sucking a thumb or being "clingy." Between the 4th and 8<sup>th</sup> day participants may be irritable, forgetful or very tired. This is a common response to the process as we engage the natural developmental dynamics.
10. Please keep a written daily journal of your child's feelings, behaviors and progress during the first 30 days. Because the **Sensory Learning™** program is a noncognitive learning experience using the channels of natural developmental dynamics, changes quickly become integrated into the system and accepted as "normal." Later on, it may be satisfying to have a record showing how far your child has progressed over a short period of time.
11. **Follow up data with our clients leads us to strongly discourage the use of headphones at any time.** After an optimal listening profile has been established through **Sensory Learning™** be aware of volume and proximity of music sources in confined areas, such as a car, and refrain from using headphones for music.