



Sensational OT Tip of the Month: Toddlers/Preschoolers

Body Awareness

Do you know toddlers/preschoolers that ...

1. Lean on or bump into other children or staff?
2. Have a hard time during circle/meeting times with sitting in their spot?
3. Fall off their chair?
4. Knock materials off the table?

Consider this... These children may have difficulty with body awareness, knowing where their body is in relation to others. This awareness is based on sensory feedback from the body as well as visual orientation to space. When a child is poorly regulated they may not attend to the sensory messages. If the child has poor discrimination of sensations they may not judge body space accurately.

Sensational Ideas for Body Awareness

1. Give clear visual markers for space at table or on floor using colored tape to designate work space or sitting space.
2. Sitting in a chair (especially with armrests) can help the child during circle/meeting time.
3. Having a movement or “heavy work” break right before group times can increase body awareness. A big hug can also help!
4. Use calming strategies for the poorly regulated children to increase ability to attend to others in their environment.

Tools for Tots: Sensory Strategies for Toddlers and Preschoolers may be a helpful resource.

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