

Right Time Training
Sensory Integration
Application: Bringing It Home

1. Over the next week journal what time of day the child you are caring for seems to struggle the most, the amount of sleep the child is getting, the behaviors that the child is exhibiting, the factors that were in place when the child struggled (activities that were taking place, noise level, amount of other stimulation, type of task/situation, events that happened right before). After journaling this information for one week, identify any themes that appear related to types of behaviors, time of days, impact of less or more sleep etc. You can share this journal with the medical provider and/or counselor to see if a referral for an evaluation would be beneficial.
2. Keep a record of the amount and type of food the child eats over the course of the week and then check to see if there any patterns in regards to type of foods, time that the child appears hungrier etc. You can check with the child's medical provider to see how the child's diet might be changed.
3. Write down five of the child's most common behavioral challenges. For each of these challenges, identify how sensory processing difficulties may be causing or impacting the behavior.
4. How do your sensory preferences/needs differ from the child you are fostering or adopting (i.e. you love to hug and have physical contact, the child does not or you need quiet throughout the day and the child has a need to constantly talk)? How does this impact how you interact with the child and your ability to engage with the child?
5. What are three changes you can make to your home environment that might help a child who has sensory integration challenges?