

## CONSISTENCY

Consistency is the key to success with Sensory Processing Disorder (SPD). This is very important for all clients to understand. In order for therapy to be successful it needs to be consistent in our client's daily routines. Consistency through movement and/or heavy work, weight wearing, brushing that is all done throughout the child's day.

Once therapy starts for SPD then it becomes a team effort between Therapist, parents, teachers and the child. The therapist role is to help parents figure out what things in their child's life over stimulate them, what the parent's need to look for when their child is over stimulated and what they should do to help their child before getting into an over stimulating situation. The Therapist then will see what activities through therapy can help organize a child to help them function during their session and throughout their day.

Movement is how we describe the activities used in therapy. Suggestions are given to parents throughout the time the child is in therapy. A good sensory diet or movement diet, consistently incorporated into a child's day will help them be successful in therapy and in their daily activities they have to function in. When a child is disorganized it takes everything they have to function appropriately in school, during play groups, at home or in any other social function. Most the time they can't do it or you see them fall apart once they are home or in a comfortable environment. Therapy takes longer if there is no follow through at home.

There are other areas therapy also concentrates on; strength, motor planning, and gravitational insecurity to name a few. With a consistent movement diet in your child's daily routine these other areas will begin to get stronger and will also contribute to your child's success and ability to function. We want parents to be committed to their child's therapy just as much as they expect their child to be. Parent can utilize what Sensory Pathways 4 Kids offers, the free monthly parent meetings, consultation with their therapist and different reading material available for check out at the office. Our therapists are available for questions and enjoy your enthusiasm and commitment to help make your child successful in therapy and in life. Please never hesitate to ask.