**1. Find the Rhythm of Sensory Social Routines**

**Pick a sensory rich activity and find the smile!**

* Get your child’s attention focused on you when he is not engaged in something else.
* When you have your child’s attention position yourself so you are face to face and begin a brief game. Repeat several times, then pause/wait, looking expectantly and watch your child cue for continuing.
* Pause right before the **big event.**
* At the big end of the big event, stop, look at your child excitedly, place your hands and body as if you are about to do it again, and wait.
* Once you or your child loose interest say “all done with \_\_\_”.
* Sing songs with motions, make up songs and lap games.

**Some Sensory Social Games to Consider**

|  |  |
| --- | --- |
| * Pattycake
* Peekaboo
* This Little Piggy
* Chase
* Airplane
* So Big
* Dancing to Music
 | * Creepy fingers
* Itsy-Bitsy Spider
* Open – Shut Them
* Twinkle, Twinkle, Little Star
* Ring-around-the-Rosy
* The Wheels on the Bus
* If Your Happy and You Know It
 |

**2. Build a Repertoire and Refine the Routines**

**Get Creative in Building and Varying Your Sensory Social Repertoire**

* Keep your turn short, so your child has more opportunities to respond.
* Avoid the situation in which your are making your child happy by simple entertaining your child.
* Once your child shows enjoyment, participation, and recognition of one familiar routine, go ahead and add another.
* Find a variety of times during the day to build in sensory social routines.
* Once it starts to feel repetitive to you, add some variation.
* Know when it is time to end the game.

**Know When to Use Objects in Sensory Social Routines**

**Games and Songs with Objects**

|  |  |
| --- | --- |
| Blowing Bubbles | Balloons |
| Pinwheels | Swinging child through your legs |
| Pom Poms | Rocking the child on a rocking horse |
| Lotion | Rocking chair-rock fast, rock slow |
| Scarves – throw, hide under | Spinning in a swing |
| Blankets or mats- roll your child up or swing | Splash games with water in the bath |
| Peek-a-boo with an object | Noisemakers |
| Pushing your child on a swing | Slinkies |

 **3. Optimize Your Child’s Energy Level for Learning**

 **Learn to Dial Down the Activity When Your Child is Getting Highly Aroused**

* Make the play gentler the minute you see your child getting overly aroused.
* Use sensory social routines to help your child adjust her arousal level.

 **Find Ways to Energize an Under-aroused Child**

* Move the child quickly by bouncing, jiggling, spinning, or using fast paced actions or songs.
* Use stronger touches, more volume, a bigger voice, more emotion.
* Use physical actions involving rapid or rather jerky movements.
* Use sensory social objects that create big sounds or visual events.
* Use touch to “rev up” and under-aroused child.