



Embedded Learning Schedule (Home Routine)

Name of Child:

Updated: April 2020

It is useful to create many opportunities for child to learn new concepts/ skills in home routines

Routine/s	Deep pressure massage	
Targeted Objectives for child		
<ul style="list-style-type: none"> - To achieve a calm and alert state for engagement in activities at home - To improve awareness of the body and the environment for participation in daily activities 	<p>Environmental Set-Up</p> <ul style="list-style-type: none"> - Body lotion (something that allows your hand to glide easily during the massage) - Comfortable seat (chair, bean bag, sofa, etc) - Child's preferred fidget toy, if necessary 	<p>Deep pressure massage</p> <p>IMPORTANT NOTE</p> <p>If you have not been taught how to perform deep pressure massage for your child, but would like to learn the technique, please consult your child's occupational therapist before attempting the massage.</p> <p>Why should you do deep pressure massage?</p> <p>Deep pressure massage is a type of tactile (sense of touch) and proprioceptive (sense of body position and movement) input that helps to calm children when they are anxious, overstimulated or upset. It is also known to help children with body awareness (knowing where the body is in space) so that they feel calm and grounded as they engage in activities throughout the day.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>TACTILE</p>  <p>This sense helps a child detect light touch, deep pressure, texture, temperature, vibration, and pain.</p> </div> <div style="text-align: center;"> <p>PROPRIOCEPTION</p>  <p>The sense that helps a child with body awareness is known as proprioception.</p> </div> </div> <p>Deep pressure massage technique</p> <p>Option 1: Without lotion (for children who are sensitive to textures)</p> <ul style="list-style-type: none"> - Child sits on a comfortable seat (e.g. child-sized chair, bean bag, etc) - Adult sits in front of child - Starting with the upper arm, use both hands (ensure whole palm is in contact, not just fingers) to squeeze firmly on your child's arm and work your way down towards the fingers - Do the same for the other arm

		<ul style="list-style-type: none"> - Starting from just below the knee, use both hands (ensure whole palm is in contact, not just fingers) to squeeze firmly on your child's leg and work your way down to the toes - Do the same for the other leg <p>*Things to note:</p> <ul style="list-style-type: none"> • Be mindful of the pressure that you are applying on your child. If he/she appears uncomfortable (e.g. withdraw, struggles or is very fidgety), you may be pressing too hard or too light. Your child should be relaxed during the massage. • Never pull your child's limbs as he/she might get injured • Massage 10 times on each arm and leg; if your child wants more, you may continue with another set <p><i>Option 2: With lotion</i></p> <ul style="list-style-type: none"> - Child sits on a comfortable seat (e.g. child-sized chair, bean bag, etc) - Adult sits in front of child - Starting with the upper arm, use both hands (ensure whole palm is in contact, not just fingers) to squeeze firmly on your child's arm and glide down slowly towards the fingers - Do the same for the other arm - Starting from just below the knee, use both hands (ensure whole palm is in contact, not just fingers) to squeeze firmly on your child's leg and glide down to the ankles - Do the same for the other leg <p>*Things to note:</p> <ul style="list-style-type: none"> • Be mindful of the pressure that you are applying on your child. If he/she appears uncomfortable (e.g. withdraw, struggles or is very fidgety), you may be pressing too hard or too light. Your child should be relaxed during the massage. • Never pull your child's limbs as he/she might get injured • Never apply lotion on your child's feet as he/she might slip and fall • Massage 10 times on each arm and leg; if your child wants more, you may continue with another set
--	--	---

Other calming activities with deep pressure input

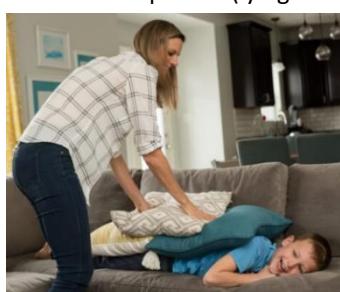
- Squeezes and hugs



- Hotdog roll



- Sandwich between pillows (lying on tummy)



		<p>*Things to note:</p> <ul style="list-style-type: none">- Be mindful of the pressure that you are applying and always ensure that you are able to see your child's facial expression. If he/she appears uncomfortable, stop activity immediately- Ensure proper joint alignment e.g. limbs are not in awkward positions
--	--	--