

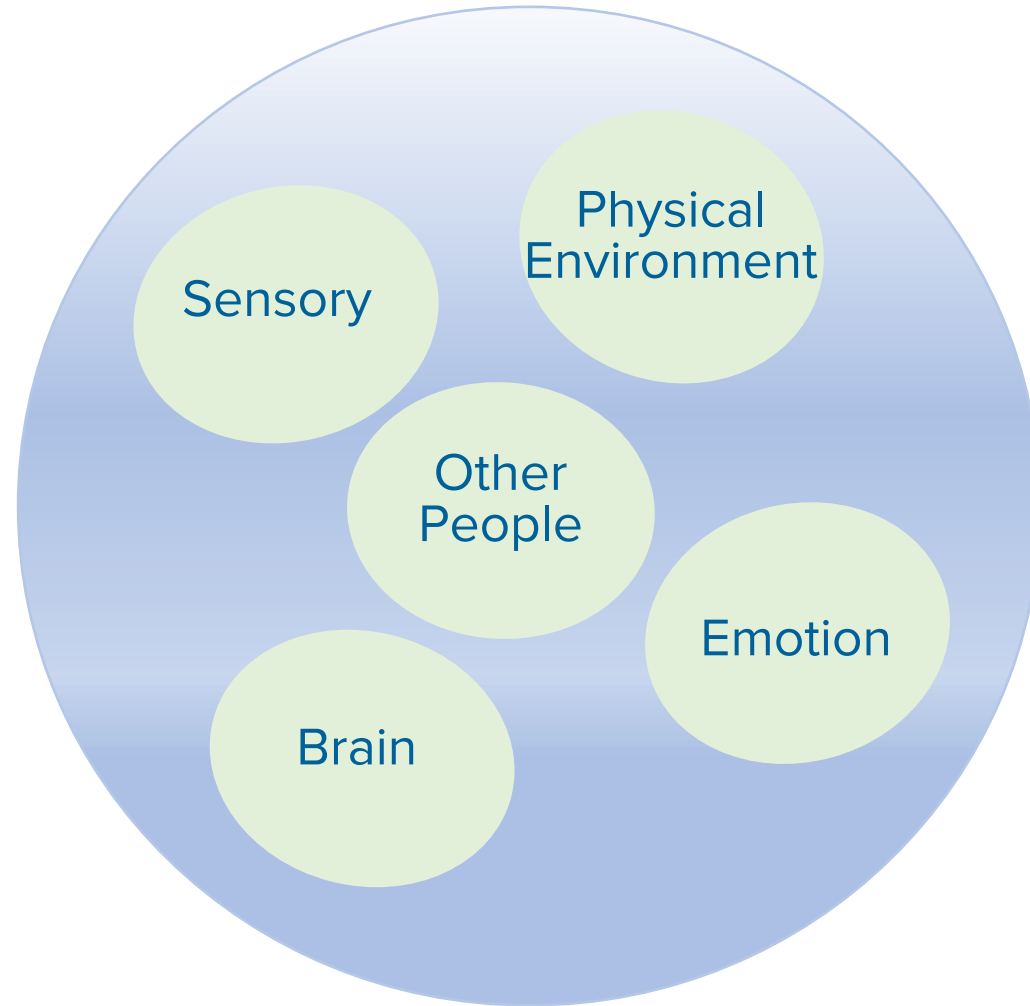
Raising Children in an Over-Stimulating World

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Regulation





Historical Perspective

Sensory Processing

What is sensory processing & how does it work?



Sensory processing is a neurological process

Brain receives sensory information

Information is processed

Brain tells the body to either act or ignore

Types of Sensory Input: Basic 5

Vision
Hearing
Taste
Smell
Touch

Types of Sensory Input

Vestibular = Sense of movement in space

Proprioception = Input from muscles & joints

Tactile = Input from skin surface

Interoception = sensations from internal systems

i.e. heart racing, stomach hurting, reflux symptoms

Sensory Input is cumulative

Sensory events do not occur in isolation!

They are a series of events that string together and overlap to influence our sensory regulation.

Sensory Regulation

What is sensory regulation & why is it important?



Sensory Regulation

Calm

Focused

Engaged

Appropriate Emotional Responses

Just right activity level

Ready to learn

Completes tasks/Follows directions

Dysregulation

Anger/Irritability

Aggression

Rigidity

Anxiety or depression

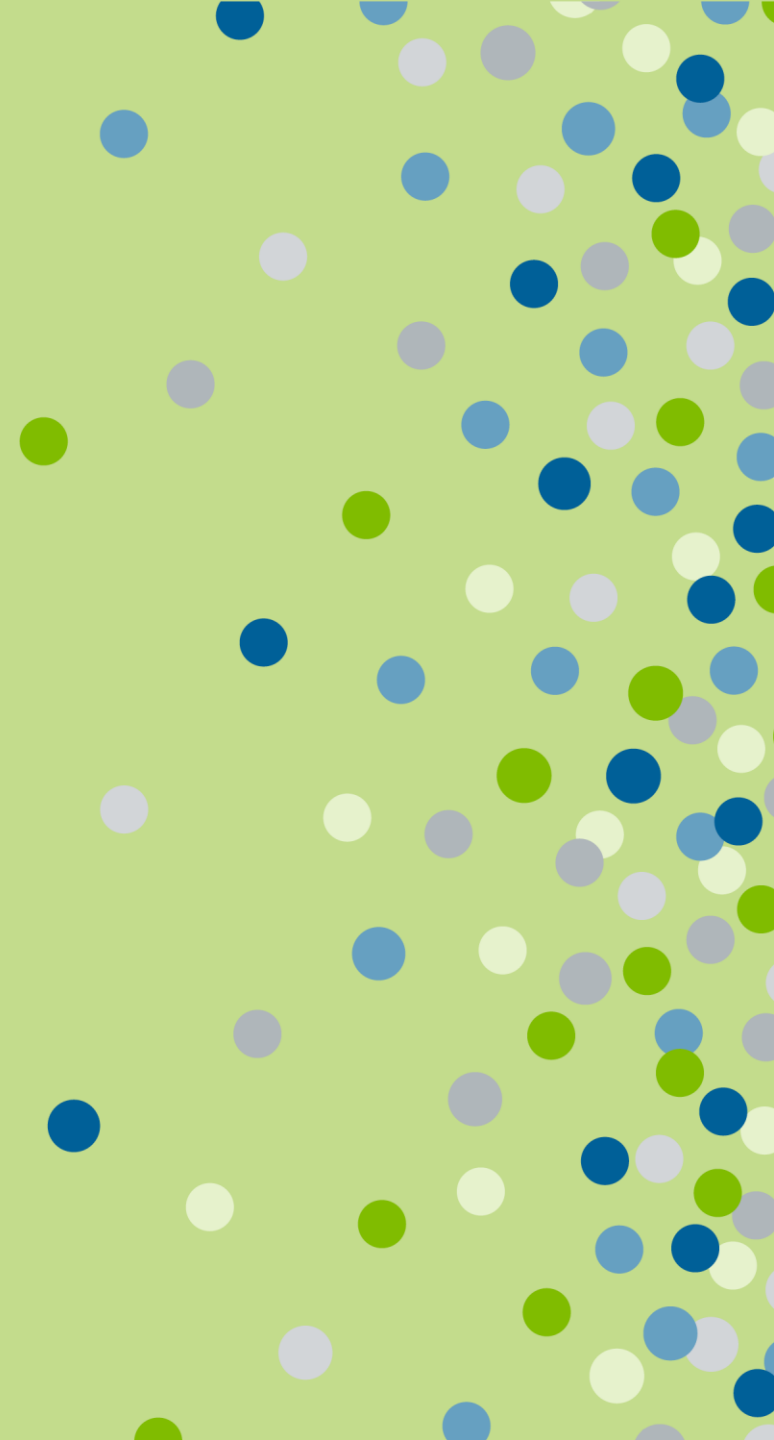
Withdrawn/Flat affect

Shutdown

Hyperactive

Emotional extremes

Decreased engagement/attention



Regulation Continuum

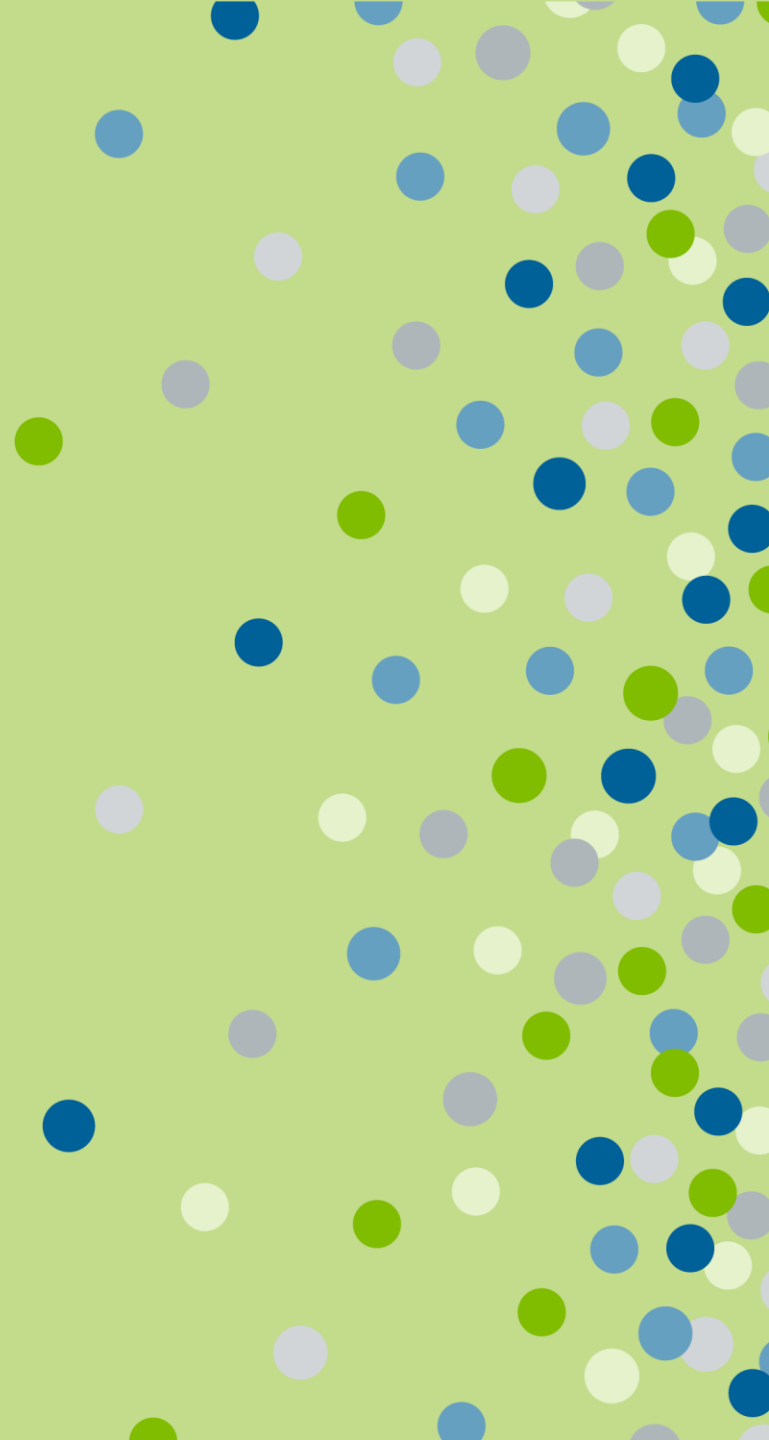
Self-Regulation

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Co-Regulation

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Dysregulation



Co-regulation

Using someone else to regulate your sensory system.

- Parent soothing an infant
- Teacher comforting a preschooler when they are sick or injured
- Talking to a friend/spouse/partner when upset

Co-regulation is achieved by using your own self-regulation to influence theirs.

Co-regulation is used as a bridge to self-regulation.

Screens: The Elephant in the Room



Research on Emotional Dysregulation & Sleep Dysregulation

Previously assumed

Screens → Emotional Dysregulation and Obesity

Current Research

Emotional Dysregulation → Self-soothing with Screens

Sleep Friendly Screen Behavior Recommendations

National Sleep Foundation
consensus guidelines

AGE	HOURS OF SLEEP RECOMMENDED
0-3 MONTHS	14-17 HOURS
4-11 MONTHS	12-15 HOURS
1-2 YEARS	11-14 HOURS
3-5 YEARS	10-13 HOURS
6-13 YEARS	9-11 HOURS
14-17 YEARS	8-10 HOURS

How do we help our children?



Prepare

Deep Pressure Input

Massage, Hugs, Cuddling/Being Close

Heavy work

Crawling, Climbing, Pushing/Pulling, Carrying

Movement

Rhythmic Swinging

Permission to say “no” or opt out of experiences

Prepare

Systematic Desensitization & Behavioral Rehearsal

Teeth brushing/Oral hygiene from the beginning

Pretend play doctor kit

Needle Procedures Plan

Managing Dysregulation

Check in with yourself

Breathing: 4, 4, 7, 2

4 counts in, hold for 4,
7 counts out, hold for 2

Reassess your activity

100 Touches

Ride the Wave

What sensory input am I adding to into the situation?

- Non-verbal expressions
- Own state of regulation
- Tone of Voice
- Voice volume
- Pace of speech
- Position of your body
- Use of/lack of use of physical touch

Questions?

