

# Contents

- 7 Introduction and Disclosure
- 13 Chapter 1: Sensory and the Whole Child
- The sensory diet puzzle
  - The whole child
- 20 Chapter 2: The Sensory System Puzzle
- Sensory processing information
  - Sensory systems broken down by system
  - Explanation of what sensory hypo-responsiveness and hyperresponsiveness looks like in each sensory system
  - Common adaptations and accommodations for responsiveness of each sensory system
- 48 Chapter 3: The Who and What of a Sensory Diet
- What is a sensory diet and how does it fit into a sensory lifestyle
- 53 Chapter 4: How to Create an Effective Sensory Diet
- The basics of a sensory diet in a sensory lifestyle
  - Setting up sensory stations
  - Sensory activity selection strategies
  - Guiding success with sensory strategies
  - Monitoring effectiveness of sensory input
  - Carryover of sensory diet recommendations in a sensory lifestyle

## 61 Chapter 5: Sensory Diet Tips and Precautions

- Sensory Diet Tips
- Strategies to Improve Sensory Diet Participation
- Strategies to Help with Schedule Changes
- Sensory Diet Precautions

## 68 Chapter 6: The Sensory Lifestyle

- Occupation-Specific Sensory Diet Strategies
- Difficult Transition Periods of the Day

## 86 Chapter 7: Special Interest Sensory Diets

- Making sensory activities intrinsically motivating
- A warning about special interest sensory activities
- How to set up a special interest sensory diet

## 91 Chapter 8: Themed Sensory Diets

- Using a Themed Special Interest Checklist in sensory diet development
- Calming themed activities
- Alerting themed activities
- Sensory snacks
- Motor considerations and oculomotor function
- Crossing the midline
- Sensory yoga
- Themed sensory diets for the older child or teen

## 109 Addendum: Data Collection Forms and Sensory Lifestyle Tools