

10 Essential Elements of an Effective Sensory Integration Session

- Provide physical safety.
- Offer 2 or more of the different types of sensory input.
- Assist the child to attain and maintain an appropriate level of alertness to participate in the activities.
- Challenge postural, ocular-motor, oral-motor or bilateral coordination.
- Challenge praxis, motor planning, and organizational skills.
- Provide activity choices for the child.
- Offer just-right challenges by modifying the task based on the success of the child.
- Make sure the child has an appropriate adaptive response to the challenge and is successful.
- Present activities that the child is internally motivated to complete.
- Establish a connection with the child.



This list of 10 process elements reflect key strategies from the Ayres Sensory Integration and was developed as part of the Ayres Sensory Integration Fidelity Measure. Read the complete study on the Development of a fidelity measure for research on the effectiveness of the Ayres Sensory Integration® intervention.

Reference: Parham, L. D., Roley, S. S., May-Benson, T. A., Koomar, J., Brett-Green, B., Burke, J. P., ... & Schaaf, R. C. (2011). Development of a fidelity measure for research on the effectiveness of the Ayres Sensory Integration® intervention. *American Journal of Occupational Therapy*, 65(2), 133-142.

Need more details on effective sensory integration sessions?

The *Effective Sensory Integration Session Planbook* digital document provides step by step guidance to plan and reflect on effective sensory integration sessions. Whether you are a seasoned pediatric therapist or a beginner, it is important to always be prepared and to reflect on your sensory integration treatment sessions.

FIND OUT MORE HERE:

<https://www.yourtherapysource.com/product/effective-sensory-integration-session-planbook-2/>

