

Sensational Toddler/Preschool OT Tip of the Month Staying Alert

Do you know children that ...

1. Are always on the move, restless, fidgety?
2. Look like they have “checked out”?
3. Have difficulty staying awake, despite enough sleep?

**These children might have difficulty regulating their
“engine speed”.**

Sometimes our engines go “too high”, “too low” or are “just right”. We learn and manage our behavior best when we are in the “just right” speed. You can help children identify when they need an “engine check” and tool to help them be “just right” for the task at hand.

“Self-regulation is the ability to attain, maintain, or change how alert one feels appropriately for a task or situation” (Williams & Shellenberger)

Sensational Ideas about Staying Alert

1. Make a little speedometer with 3 speeds (too high, too low or just right) and allow the child to place the dial on the speed his engine is going.
2. A few common tools to try:
 - Give movement breaks before circle time or story time.
 - Have the child do a job that takes muscles like: move chairs, carry weighted stuffed animal, or push a weighted grocery cart in dramatic play.
 - Use a mouth tool like gum, blow bubbles or use a fidget hand tool.
 - Sit on a “wobble seat or partially inflated beach ball” for

For more information on the Alert Program go to:

<http://www.alertprogram.com/documents/Brief%20Overview%20of%20the%20Alert%20Program%20for%20Parents.pdf> . Go to www.cintiOTinstitute.com/privateschools and scroll to the

bottom left corner for more tip sheets. Go to www.cintiOTinstitute.com for information about COTI services.

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