Autism ONTARIO

Resource List

Signature Series Webinar: Sensory Strategies that Support Participation in Daily Routines at Home with Moira Peña, BScOT, MOT, OT Reg. (Ont.)

Learn practical sensory strategies to support autistic children at home. This webinar helps caregivers better understand sensory needs, create autism-friendly daily routines, and implement practical tools to ease daily transitions and other challenges using the presenter's BEST Strategies framework.

Click here to view the presentation on demand. Resources to accompany this presentation:

- Sensory Diet at Home, Information sheet and template.
- Understanding a Person's Sensory Profile, Information sheet.
- Using the "BEST" Approach at Home, Fact sheet.

Autism Ontario's Sensory Processing Resources

- 3 Tips for Transitions, YouTube video.
- Creating a Sensory Support Profile, Activity. See page 12 of the Supporting the Mental Health of Autistic People Living in Rural and Remote Communities Toolkit.
- A Day at School, The Autistic Sensory Experience (Part 1 of 8), Sensory video series.
- Exploring the Senses Webinar Series (2022):
    - Session 1: An introduction to the sensory system.
    - Session 2: Sensory Detective- Understanding unique sensory needs.
    - Session 3: Sensory tools and strategies for children.
- Inclusive Spaces: Making Museums Accessible, YouTube video.
- Let's Get Moving: Ideas to Get Off the Couch During Covid with Ellen Yack, Webinar (2020).
- Sensory-Friendly Misconceptions: It's Not Just for Kids or Silence, YouTube video.
- Sensory Scavenger Hunt, Activity.
- Transform Your Classroom: Tips for Creating a Neuro-Affirming Learning Environment, Resource guide.
- Understanding Autistic Burnout, Inertia, Meltdown & Shutdown with Dr. Christie Welch, Webinar (2023).
- What is Stimming?, Fact sheet.
- What to Expect: Occupational Therapy, Fact sheet.

Visit Autism Ontario's Learning Resources web pages & YouTube Channel for more family-friendly information.

Sensory Processing & Daily Routines Resources from Moira Peña

- Feeding Differences in Autism Toolkit, created by Moira Peña and AIDE Canada.
- How to be an Ally to the Autistic Community, created by Moira Peña and AIDE Canada.
- Self-Care Toolkit, created by Moira Peña and AIDE Canada.
- Sensory Processing Differences in Autism Toolkit, created by Moira Peña and AIDE Canada.
- Sleep Challenges in Developmental Disabilities Toolkit, created by Moira Peña and AIDE Canada.
- Sensory Resources, Moira Peña.
    - For more information, visit: MoiraPeña.com.
    - Autism Occupational Therapy Guiding Principles, co-developed by Moira Peña.
    - Holland Bloorview's Autism Summit, created and hosted by Moira Peña.

Additional Resources on Sensory Processing

Sensory Tools Websites:

- www.fdmt.ca
- www.toystoolsandtreasures.com

Books:

- Arnie and His School Tools: Simple Sensory Solutions that Build Success (Jennifer Veenendall).
- Beyond Behaviours (Mona Delahooke).
- Brain-Body Parenting (Mona Delahooke).
- Raising a Sensory Smart Child (Lindsey Biel)
- Building Bridges through Sensory Integration (Yack, Aquilla & Sutton)
- Divergent Mind: Thriving in a world that wasn't designed for you (Jenara Nerenberg).
- A Little Less Broken: How an Autism Diagnosis Finally Made me Whole (Marian Schembari)
- Living Sensationally: Understanding Your Senses (Winnie Dunn).
- The Out of Sync Child Has Fun (Carol Kranowitz).
- The Sensational Child (Lucy J. Miller).
- Sensory Like You (Schneider & Dillon).
- The Sensory-sensitive Child: Practical Solutions for Out of Bounds Behaviours (Karen Smith & Karen Gauze).

This resource list supplements the Signature Series Webinar:
Sensory Strategies that Support Participation in Daily Routines at Home with Moira Peña, click to view.

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