Using the "BEST" Approach at Home

Created by Moira Peña, Occupational Therapist

This resource accompanies the webinar, "Sensory Strategies that Support Participation in Daily Routines at Home". Click on the link to view: https://bit.ly/4inYPFK

B Body Strategies

- How does my child's body show signs of sensory hyper-reactivity, hypo-reactivity, or seeking?
- What activities does my child naturally **seek out** or **enjoy**? Consider the "power" senses:
  - Vestibular (dancing, jumping, spinning, stretches)
  - Proprioception (lifting, pushing, pulling, resistance type and "heavy work activities)
  - Deep Touch Pressure (bear hugs, massage)
- What **leisure activities** that engage the power senses might my child enjoy? (e.g., swimming, martial arts, biking, safe trampoline jumping, rock climbing, bowling)

E Emotional Strategies

- When my child is struggling, can I **pause** and ask: "What might they be trying to communicate?"
- What am I already doing that helps **co-regulate** my child during stressful moments?
- How might my own emotional state influence my child's emotions? Am I **co-regulating** or **co-escalating**?
- What strategies can I **model** to help co-regulate my child? (e.g., deep breathing, taking a sensory break, using positive self-talk or script)

S Sensory Strategies

- Which **sensory inputs** (lights, sounds, textures, smells) are **soothing** or **overwhelming** for my child?
- How can I create a **sensory-friendly space** at home?
  - Ideas: quiet nook, cozy corner, soft lighting, noise-cancelling headphones
- Are there predictable times when **sensory overload** is more likely? (e.g., after school, busy environments, family gatherings)
- How can I **advocate** for my child's sensory needs with teachers, family, and community?
- Am I staying **curious** and open to learning about my child's sensory needs and preferences?

T Thinking Strategies

- What **visual supports** (schedules, charts, timers) help my child feel more **secure**?
- Which **daily routines** could benefit from added **structure** or **predictability**?
- How can I **prepare** my child for upcoming **events** or **transitions**?



Reminder: Remain curious about your child's sensory needs and preferences. Notice what you are already doing to help co-regulate your child and do more of that!
Be open to trying new strategies and adapting as you learn what works best for your family.