

# Behavioral Health Newsletter



## Information Station

Our sensory systems can assist with regulating and help soothe us when we are feeling overwhelmed. Did you know that there are actually 8 senses? You might already be familiar with these 5 (sight, taste, smell, touch and sound), but there are three more that you might not be familiar with. They are vestibular, proprioceptive and interoceptive. Here are some examples on how to tune into each of our senses

### Taste

mint, hard candies, crunch snacks, gum, sour candy, flavored water



### Touch

rubber bands, soft textured fidgets, velcro rub, sensory brush



### Smell

essential oils, candles, flowers

### Sound

Music, white noise, humming, singing



### Sight

Nature backgrounds, pictures of your safe people, lightning



### Interoceptive

tactile sensory play, drinking a cold beverage, meditation, breathing exercises



### Vestibular

movement, dance, drumming, swinging, rocking, pacing

### Proprioceptive

stretching, deep pressure, self-massage, jumping, stomping, soft touch, laying on the ground



## Caregiver Corner

As Halloween approaches it can also result in an increase of behaviors due to anxiety, and preferred sensory inputs. To increase potential for success for trick-or-treating try to assess your child's preference on costume accessories (face painting, masks, coats, gloves, itchy clothing, etc.) by trying options/costumes before Halloween.

Try going to a Halloween store and letting your child try on different costumes and ask them if its comfortable or would they feel better and more comfortable in something different. Another way to set up for success is giving the child options to give them a sense of authority of their personal preferences.

## Connection Question



Try using these conversation starters during a meal or car ride.

If you could only eat one food for the rest of your life what would it be?

## Did you Know?

Grizzly bears are able to smell food from 18 miles away!!



## Staff Spotlight- Miss Sydney

Behavioral Health Specialist

Q: What's your favorite way to play?

A: I love sensory play whether that is sand, slime, or fidget toys, I love it all. I love board games as well as doing any outdoor activities you can think of:)

## Resource of the Month

Does your child need help with sensory seeking or sensory avoidant responses?

Contact: ABC Pediatrics part of the Ivyrehab Network  
[ivy.rehab.com](http://ivy.rehab.com)

## Important Dates

October 12th: Fall Virtual Conference  
 November 28th-29th FOY Closed for Thanksgiving

