



**The SPARK Sensory Clinic**

**Hopedale, MA**

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Creating a sensory room or sensory space in your home that has some of the elements of a pediatric clinic can be very beneficial to helping your child to develop a sensory lifestyle and be more regulated in your home. When thinking about a space, you can carve out a smaller space in a large room with a divider or a tent. There are many cost-effective options on sites such as Amazon and Fun and Function. Below are some key pieces to consider:

**1. There are many options online to install a swing in your ceiling or doorway.** Swings allow your child to get the most intense sensory input. However, other options such as a hippity hop, laying on stomach on a therapy ball with head inverted, a small trampoline, or sitting in a rocking chair can provide some of the same organizing vestibular input.

**2. Consider the environment in your space.** Can you offer alternative lighting that is more sensory supportive such as a softer pole lighting instead of overhead lighting, Christmas lights, or a battery powered blue wave light? Are there music options that you can offer? White noise app on an iphone? Nature sounds? If you can't control the auditory input, could you offer noise cancelling headphones?

**3. Many children are calmed by having a tactile item or visual toy to explore.** Having a bin that has some items that your child has helped to choose can be a nice complement to this space. Including a small handheld vibrating massager that the child can use on their own arms and legs can allow the child some more intensity of input.

**4. Offering your child options to get deep pressure.** This can be achieved by making your own sensory crash pad out of a zip-up duvet cover filled with pillows or stuffed animals. You can also get a small ball pit or weighted lap pad. All of this input allows the child to feel more calm and organized.

**5. Smell can be a powerful tool for alerting or grounding a child.** Whether you decide to do aromatherapy machine, essential oils on a cotton ball, or a scented lotion, it is important to include your child in the selection.

**Check out The SPARK Sensory Clinic on Pinterest  
Please reach out if you have any follow-up questions.  
I hope you found this helpful!**