

## **Tactile Input**

The tactile system is the touch system and involves the body's largest organ, the skin. Tactile development involves tolerating and processing a variety of textures as well as being able to identify various textures and localizing places touched.

- Play in a variety of textures: sand, water, play-do, silly putty, cookie dough, oatmeal, finger paints, shaving cream, rice, beans, brushes, creams
- Hide object in textures and have child use hands to search for objects
- Fidget toys
- Rub lotion or powder on child while he or she identifies body parts
- Paint body parts with clean paint brush
- Water play
- Soap paint
- Sand box or fill large container with dry beans, pasta, dry rice, packing peanuts
- Finger paint with with paints, pudding, applesauce, frosting
- Playing in ball pits
- Snow angels on carpet

## **Deep Pressure**

Deep pressure is a form of tactile input and is very calming. Anyone who has experienced a massage can attest to the calming affects of deep pressure input. Deep pressure input should be given throughout the day to help with organization and body awareness.

- Arm and leg squeezes
- Back massage
- Towel rubdowns with deep pressure after bath or swimming
- Pillow squishes-place child between two pillows or cushions with her head sticking out. Push down gently on the pillows or cushions.
- Wrap in heavy blanket with head out and press pillow on top of child's body
- Roll large ball over back
- Lotion massages
- Wearing tight fitting clothing (compression clothing)
- Bear hugs
- Towel and blanket snuggles- wrap tightly in towel or blanket