



## Sensory Learning Program Guidelines

**REMEMBER: Each day of sessions builds on the day before, and while it is a gentle approach, the nervous system is being challenged. By following these guidelines throughout the entirety of the program you will maximize the effectiveness of you/your loved ones learning experience.**

1. Clear your schedule as much as possible to allow time to integrate the new brain patterns from each session. **Minimize activities that are stressful.** Allow time for recreation, exercise or rest as needed.
2. Even though this program appears easy, it is not. The sensory stimulation exercises your whole nervous system. Other therapies may be over-stimulating and/or counterproductive while you are going through this program. Therefore, caution should be used in entering into additional programs or therapies during this time. You may even wish to **postpone your regular programs** for this short period of time while your system reorganizes. Please consult with your Sensory Learning practitioner if you have ongoing therapies or are planning additional ones.
3. We strongly advise that this is **not the time to change medications** unless you have discussed the Sensory Learning program with your prescribing doctor. Sensory Learning has worked well for many participants while they were on medications.
4. We encourage everyone to **be comfortable** during the sessions: wear comfortable loose-fitting clothing for the sessions, remove your shoes, and consider bringing a favorite object of comfort (pillow, blanket, etc.)
5. During the sessions it is **important to keep your attention on the sensory inputs.** We use fidget toys, gentle nudges and reminders to help you stay present and alert within the sensory environment. Our goal is to allow the visual and auditory stimuli to always be the central focus of the session.
6. **Drink plenty of fluids. Fresh and raw foods are recommended.** Avoid highly processed foods such as fast food, fried foods, refined sugar, food colorings, preservatives and other unhealthy products. Also avoid foods that create congestion, or hyperactivity. This would be the perfect time to provide the choice of more healthy foods in the home.
7. It will be important to **walk or participate in play activities in between your two sessions each day** to help you remain alert and better integrate the new patterns you will be learning.
8. Be aware of any changes in sleep patterns, appetite, thirst, activity level, articulation or awareness you may be experiencing throughout the program. You will **document these changes on the daily questionnaire sheets before turning them in.**
9. **Keep a log of your daily feelings and progress.** Because the Sensory Learning Program is a noncognitive learning experience, a person can very quickly forget how they have changed, especially once the changes become integrated into their system and accepted as "normal". Later on, you may be pleased that you documented how far you have come.
10. **We strongly discourage the use of headphones at any time.** After an optimal listening profile has been established through the Sensory Learning program, be aware of volume and proximity of music sources in confined areas, such as a car, and refrain from using headphones for music. **If headphones must be used, please use only on the right ear to keep the gains of the program.**