



Sensory Finds On Amazon!

Some of our occupational therapy favorites.

Laurie Anderson, Occupational Therapist

Pediatric occupational therapy helps children who have physical, sensory or cognitive problems. Occupational therapy can help gain independence in all areas of their lives: play, self-cares, social interactions and many other daily activities.

Here at CP we see many children with sensory processing issues. Sensory processing issues can effects a child's emotional response to daily demands, attention, or motor coordination needed for daily activities. We address this through sensory activities which seem like play. Sensory activities can be even more beneficial during the winter months due to the lack of day light and opportunities for active play. Here are some of my favorite amazon finds for improving a child's ability to sit and attend with decreased emotional response.

MOVEMENT/VESTIBULAR INPUT This is the sensation of any change in position, direction or movement of the head. Movement games can assist in improved attention and decreased emotional outbursts.

Movement Game | <https://amzn.to/3WfXANR>

Exercise Dice | <https://amzn.to/3WfYbz5>

Glow Balls | <https://amzn.to/3iNDyww>

Rocking Chair | <https://amzn.to/3XurlM8>



PROPRIOCEPTIVE INPUT This includes the movement of muscles and joints which leads to improved attention, and decreased emotional outbursts.

Weighted Lap Pad With Drawing | <https://amzn.to/3w6krAW>

Blow Pens | <https://amzn.to/3ZFi2ut>

Body Sock | <https://amzn.to/3QJR7cS>

Discovery Putty | <https://amzn.to/3CTzfX8>



FIDGETS Hand held toys that can calm and decrease stress. They are able to be used when needing to sit in one place.

Mini Pop Tubes | <https://amzn.to/3kqfr7p>

VISUAL INPUT Slow unpredictable movement can be calming.

Liquid Motion Bubbler | <https://amzn.to/3iKzDRc>

Fish Glow Bubble Tube | <https://amzn.to/3XwBwzw>



Laurie Anderson
Occupational Therapist

Undergraduate Degree
Occupational Therapy
Mount Mary College

Years of Experience
32 years

Specialty Interests
Neurodevelopment Treatment,
Ocular Motor Treatment and Sensory
Integration including Therapeutic
Listening and Samonas

Philosophy
I believe that treatment needs to be motivating to the children, as learning and change will come more easily and quickly. I also feel that it is important to teach families how therapy can transfer over into day-to-day living.