

## Therapeutic Listening Program (TLP)

**Auditory training by listening to music using nature sound machine**

- **Perform every day for 30 min**
- **Or, Use Therapeutic Listening application on itunes**



## The Wilbarger Brushing Protocol

Brushing the body with a small surgical brush throughout the day.

- Should be done every 90 to 120 minutes during the day.
- Brushing should be followed with joint compression

**Watch on UTUBE and follow the instructions:**

**Wilbarger Brushing Protocol (OT Brushing & Joint Compressions)**



**Home program..**

## Sensory Integration For Sensory processing Dysfunction



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## Sensory Diet

1) Personalized daily schedule of specific sensory activities.

- ( 2 activities in the previous page)

2) Modifications designed to meet a child's specific sensory needs:

- Hand held shower
- Or, having bath in water filled tub without using shower
- Or, use cup with water instead of water spray
- Use eye-guard hat
- Unscented shampoo and conditioner
- Soft bathing sponge

### References:

- (Baker, n.d.)
- (Therapeutic Listening for Parents, 2019)