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)



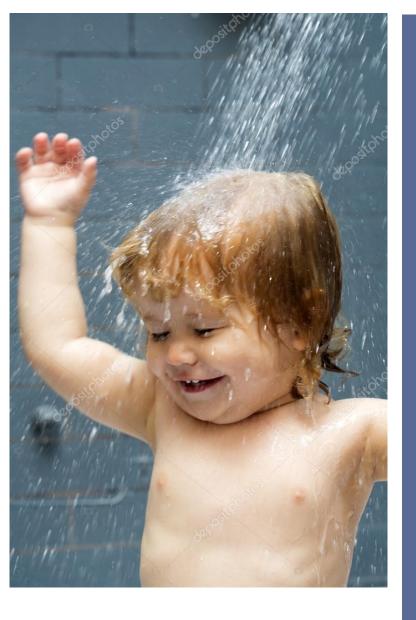
Home program...

Sensory Integration For Sensory processing Dysfunction



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References:

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

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