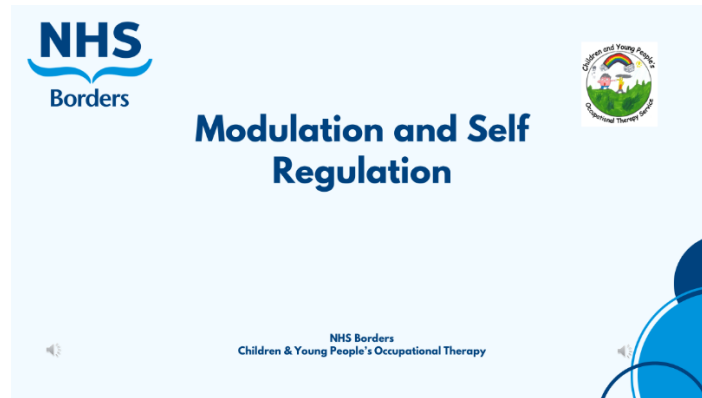


Transcript



Welcome back to our miniseries on sensory integration. In this video, we will discuss what we mean by the term 'modulation' and how you can support your child to feel just right to enable them to participate in their daily activities. We will introduce the idea of different states of alertness and how your child might fluctuate between different states throughout their day.

What is Modulation?

Our 8 sensory systems take in information, depending on what's happening within our bodies and our environment. This information is taken into the brain and organised so that an appropriate response is given during an activity. We call this modulation.

The central nervous system interprets, organises, and processes sensory information automatically, below the level of our awareness. Here we see the cars moving in from the brain stem, up into the brain and coming out smoothly on the other side; so, information comes in, it's processed, and you get an appropriate response.

However, if there's too little sensory information getting processed the brain will send a signal to the body for extra movement input and here's where we will see children who fidget. We all do these things in order to keep ourselves at that just right level of concentration so for example if we're in a meeting we'll do something like fidget, move around in our chair or take a drink in order to keep our concentration at what we call that just right level and that's what children are doing when they're fidgeting. That fidgeting is important to them to keep their concentration just right.

If there's too much sensory information coming in, the brain will send a message to the body to produce a fight, flight or freeze response. So, the

child who doesn't cope with the fire alarm will get such a fright, adrenalin will kick in and they will feel really uncomfortable for a considerable period of time. They will need time and a safe space to calm back down.

When our bodies and brains struggle to process the sensory feedback we receive, this can impact on our levels of alertness. It can be helpful to think about alertness as the different characters of Winnie the Pooh.

When your child is in the Tigger zone, they are likely to be over alert; they might have lots of energy, be moving around often and be quite distractible, they may also display levels of agitation or over excitement.

In the Eeyore zone they are likely to display low levels of alertness. They might have low energy or even be fatigued. They may struggle to focus and may show low levels of motivation to engage in their daily activities.

In the middle is the Winnie the Pooh zone. We refer to this zone as Just Right. In this zone, your child should be able to concentrate of their activities, will be motivated and able to learn new skills.

We all move through the zones at various points of the day, using sensory strategies to help us self-regulate. For example, we may wake up in the Eeyore zone and have a shower to raise our levels of alertness. If we move into the Tigger zone during the day, we generally are able to use strategies to help us move into the Winnie the Pooh zone like exercising or listening to music.

Children with sensory integration difficulties are likely to need an adult to support them with strategies to help them be in the just right zone.



Please go on to watch our next videos. These will show you how to recognise your child's level of alertness as well provide you with practical activities and strategies for how you can support them to feel just right