



Sensory Strategies for Self-Injurious Behavior

Behaviors like head banging and self-biting tend to have a sensory seeking component. These students are often seeking deep pressure, as this is calming for the nervous system. Providing additional opportunities for deep pressure throughout the day can help meet this need.

Strategies to Try	Report on Effectiveness of Strategy
Weighted lap animal or weighted vest for 20-30 minute intervals during seated work ** Please contact occupational therapist to obtain medical clearance for vest	
Whole body deep pressure activities (bean bag or mat sandwich) and/or therapy ball massage ** Please contact occupational therapist for training	
Joint compressions ** Please contact occupational therapist for training	
Back massage with hand-held massager or tennis ball	
Provide regular opportunities for heavy work breaks (i.e. 1x am, 1x pm)	
For head banging: -gentle head/tmj massage - <u>weighted hat</u> for 20-minute intervals	
For hand biting: - see strategies for <u>Chewing on Everything!</u> - Hand massage - Finger joint compressions ** Please contact occupational therapist for training	