

Toddler Sensory diet ideas:

1. proprioception:
 - a. body or foot or hand massage (gentle joint compression)
 - b. wheelbarrow walking (hold at thighs or hips)
 - c. bouncing and rocking on therapy ball (could be sitting or prone over ball)
 - d. bouncing on trampoline/mattress on floor (with hands held)
 - e. carrying heavy bean bags
 - f. pushing or pulling toy grocery cart or wagon
2. tactile: (monitor closely to prevent eating)
 - a. rice tub/dishes
 - b. shaving cream
 - c. gak, goop, flubber, theraputty, playdough
 - d. fabric swatches
 - e. vibrator toys
 - f. fidget toys
3. oral motor:
 - a. quiet blow toys
 - b. blowing games (cotton balls, feathers)
 - c. blowing bubbles
 - d. chewing straws, coffee stirrer
 - e. chewing "chewy" food (licorices, fruit leather)
 - f. sucking thick shake through straw
 - g. cold wet wash cloth
4. visual:
 - a. fish tank
 - b. fiber optic lights, lava lamp
 - c. bright light on work presented (to keep attention)
 - d. light box (watch for small pieces)
 - e. screen camera
 - f. kaleidoscope
5. auditory:
 - a. music (classical to rap, depends on child), scarf dance
 - b. white noise
 - c. mom or dad singing familiar songs
6. Vestibular:
 - a. Swing (linear not spinning)
 - b. Blanket swing
 - c. Rocking horse or chair