

## Home Moves Family Letter Number 1



Dear Family,

Today in class, we learned about deep pressure. Ask me to show you how to do Dots and Squeezies, a form of deep pressure.

# Home Moves

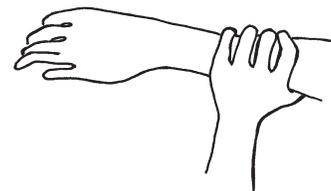
## S'cool Moves for Everyone!

- Dots and Squeezies are done any time children need to calm down. These moves are called “deep pressure” in the field of occupational therapy.
- If baby brother or sister is crying and colicky, Dots and Squeezies calm and help with sleep.
- Dots and Squeezies are done on the hands, arms, legs, and feet.
- Tumbling classes are filled with activities that provide children with deep pressure, such as pushing up from mats, curling into tight spaces, performing cartwheels, and doing handstands. All these activities increase joint pressure and body awareness—the ultimate goals of deep pressure.
- Moms, dads, grandmas, and grandpas enjoy Dots and Squeezies, too. Not too sure about the handstands, tho'!
- Placing babies on their tummies during awake times creates a balanced sensory system. Babies will cry sometimes because tummy time is hard work! Baby will love for you to get down on the floor and play. Babies love playing with appropriate toys while lying on their tummies. Belly time play is how babies receive “deep pressure” naturally.



Gently but firmly press your thumb into the palm of the opposite hand. Do not press into the fingers, just all around the palm. Dots can be done on the feet also.

Gently but firmly squeeze up the arms and legs. Squeezies feel good and shouldn't hurt in any way. When your child needs additional calming, firm pressure with the palms of the hands to the shoulders usually has an immediate quieting effect.



### Academic/Behavior Link

- calming
- self-regulating
- focus control
- writing legibility
- body awareness

For more information about *S'cool Moves* and links to other great sites: [www.schoolmoves.com](http://www.schoolmoves.com)