STICKIDS is an interactive software program developed by Meryle Lehn, a Canadian occupational therapist with SIPT certification. It is designed to help support children with sensory integration, sensory processing and sensory motor challenges ranging from: Autism, to Attention Deficit, to the regular child with mild sensory sensitivity and motor needs. Children with these challenges can have highly tuned, or atypical processing of sensory information from external factors of touch, vision, smell, taste and sound; to the internal senses of muscle and joints, motion, balance and touch registration. Atypical processing may show as:

- Either excessive seeking or avoiding of sensory input in daily events;
- Emotional sensitivity, meltdowns, or need for retreat;
- Difficulty with focus, arousal, and self-regulation to everyday tasks;
- Reduced quality in motor response (involving coordination, balance, tone, planning or sequencing), as the motor skill may have been based on misinterpretation of sensory information.

This program is suitable for children from toddlers to teens and from mild to severely effected children. It may be used for a single child or for

**STICKIDS comes in 2 versions:**

- Home "n School Version - for use by parents and teachers
- Therapist Version - allows for detailed customization related to therapeutic perspectives
Supporting Children with Sensory Processing and Sensory Motor Challenges

**STICKIDS Benefits:**

- Affordable and user friendly;
- Increases ease and effective of “teaming” between teachers, therapists and parents;
- Promotes the child’s participation in sensory diet and sensory motor therapy routines and everyday activities to improve:
  - self regulation (sleep patterns, focus, alertness, emotional stability);
  - motor base of coordination, motor planning, tone, task sequencing and functional motor skills;
  - daily living and coping skills. Assisting to help minimize behaviors such as:

  ![Behavior Images](https://example.com/behavior_images)

- Enhances understanding of various sensory theories and sensory motor theories of: Sensory Processing, Sensory Integration and Development Coordination; and then supplies strategies for practical application
- Offers supplement and enhancement of therapy services.

**Testimonials:**

- “STICKIDS provides no nonsense, quick access to pictures, planners, concepts and tools that enable me as a parent to understand my child’s sensory needs and swiftly supply invaluable support!” - Beverly, parent

- “It’s just AMAZING to have such an easy to use accessible tool for setting up and implementing sensory strategies and programs! Parents and assistants are so excited about using something so concrete and relevant for them. STICKIDS is making my practice so much more interesting” - Judith, Occupational Therapist

- “It’s so easy to use and parents and teachers love it! The pictures are perfect to use with my kids” - Theresa, Occupational Therapist
Details of the program:

- Based on combining theoretical perspectives of:

1. **A “Top Down” Cognitive Perspective** based on Motor Cognitive Learning and CO-OP Learning frameworks that use cognitive compensation strategies to support children. The children with whom these frameworks are used often receive diagnoses called Developmental Coordination Disorder (DCD), or Deficits in Attention, Motor control and Perception (DAMP). The Canadian Occupational Performance Measure (COPM) and the Clinical Observation of Motor and Postural Skills (COMPS 1994, 2000; Therapro) are assessment and evaluation tools often used within this framework.

2. **Sensory Processing and modulation** - Initially seen as an extension or branching of sensory integration with focus on sensory dysfunction involving under or over responses to sensory input or the environment; and on how the nervous system modulates sensory input effecting motor, emotion, self regulation and more. Depicted here as “Sensory Diet and Environmental adaptations”.

3. **A Bottom Up / Neurological Clinical Perspective** based on Dr. Jean Ayres clinical and theoretical Sensory Integration framework involving adapted motion and motor responses used in meaningful therapeutic activities; effecting motor abilities and learning. Depicted here as the “base of the system”.

- Easily Select from 8 planner styles including formal tracker planners, games and activity cards:

**Formal Planners and Trackers**
- **Weekly** - allows you to select just a few activity pictures to create a Planner to be used throughout the week at home or school
- **Summary** - attaches to reports or use as an overview of pictures to learn
- **Monthly** - allows 6 activities to be tracked for a month.
Supporting Children with Sensory Processing and Sensory Motor Challenges

- **Group** - select the pictures / activities for a small group.

<table>
<thead>
<tr>
<th>Weekly Planner</th>
<th>Summary Planner</th>
<th>Monthly Planner</th>
<th>Group Planner</th>
</tr>
</thead>
</table>

**Fun Planners and Activity Cards for Games:**

- **Key Ring** - provides a series of small activity picture cards, which quickly adapt from a compact portable planner to fun therapy game cards;
- **Wall 'n Floor** - creates 1, 2, or 4 activity picture cards per page. These cards can then be used: in fun games, therapy time or wall charts for a reminder of recommended activities;
- **Magic Pick 'n Flip** - three different games can be created from these activity pictures;
- **Treasure Chest** - a 6-activity sequence planner, which quickly helps children regulate before doing challenging events.

**Utilizes over 125 fun motivating Stickid pictures arranged in easy to use folders**
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Some sample pictures from the folders:

### Motion
Most activities alert and organize the mind & body.
- desk ball or air wedge on chair
- jumping mini tramp or tramp
- squish box
- desk pushup chair pushup wall push off

### Pressure n’ Touch
Calms and settles. A get ready, regrouping or transition strategy

### Heavy Work
Motion and deep pressure for alerting & calming.
- sea saw sit ups
- "blowing" bubbles, whistle, recorder
- Take a deep breath. Now relax!

### Suck, Chew and Breathe
Organize & alert to help listen & focus.
- Take a deep breath. Now relax!

### Retreat
Reduce sensory overload (visual, auditory & physical).
- quiet down time place
- everything too loud/ bright/ busy
- picture planner
- prewarn In 5 minutes...

### Routine ‘n Planning
Build-in cognitive support strategies familiarity, predictability & prewarnings.
- picture planner
- "blowing" bubbles, whistle, recorder
- Take a deep breath. Now relax!

### Tips Tools ‘n Doing
Strategies for task or tool modification; and activities of everyday “Doing it” events
- special scissors
- table time
- wall climber

### Clinic Time (in the therapist version)
Promote child participation in selecting, planning & adapting therapy session activities
- desk pushup chair pushup wall push off
- "blowing" bubbles, whistle, recorder
- Take a deep breath. Now relax!

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Introduces the Critter Meter Self Regulation Program. STICKIDS provides a new exciting self regulation program with Stickid, the Critter meter and the effect icons which give you an indication as to what the activity will do for the child.

- Turtle Speed: Indicates the activity may trigger an increase in alert level
- Bunny Speed: Indicates the activity may calm the child
- Just Right: These often contain a mix of both calming and alerting activities.
- Caution: Is assigned to activities where care needs to be taken

You will then see these mini icons when looking at pictures in the folders, and then again on various planners and activity cards. Most activities have several effect icons as the response can vary per child and how the activity is presented.