

Adapted Books:

Sensory Processing

Signs of sensory processing challenges?

- May seek or be overly sensitive to certain textures
- May seek or avoid touch and pressure (e.g. hugs)
- Excessively high or low activity level
- Complaining things are blurry
- Difficulty sitting still to participate in activities
- Blinking or rubbing eyes excessively

Why adapt books?

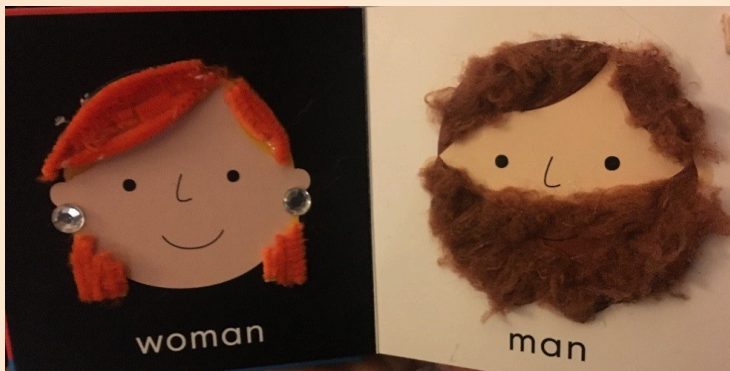
Children with sensory needs can have difficulty attending to books with limited sensory elements. Sensory elements in books can help increase attention and interest while meeting the sensory needs of the child. Sensory elements can also help kids engage with a book before they are able to read.

Specialized books can be created that make reading books easier and more enjoyable for children with sensory processing challenges.

BOOK ADAPTATIONS FOR SENSORY PROCESSING

Add interesting textures to the book pages

- Use pipe-cleaners, fuzzy or shiny fabrics, colorful pom-poms, etc. This provides tactile input and emphasizes images on the page.



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Increase contrast or reduce visual clutter on the pages.

- Add contrasting colors to improve the child's attention to the page.
- Adding too many distracting elements to the page can become overwhelming.



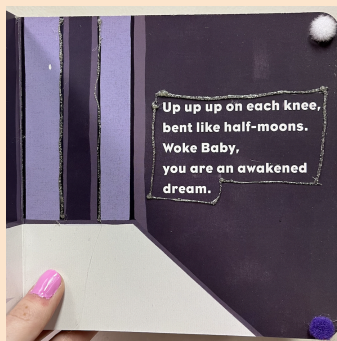
Add removable, interactive elements

- Use velcro to add pictures that can be removed and stuck back onto the pages. You can copy a book page, cut out a main character, and use this as the removable element. You can also use picture communication symbols.



Highlight important words and sentences

- Use colored hot glue or puffy paint to create a border around words and sentences to add a tactile element and draw attention to the words on the page



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Work closely with your early interventionist, occupational therapist, and/or speech therapist to help determine the most appropriate book adaptations for your child based on their needs and goals.

Visit the Go Baby Go website to apply for an adapted book for your child.