

C O S Y U P



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

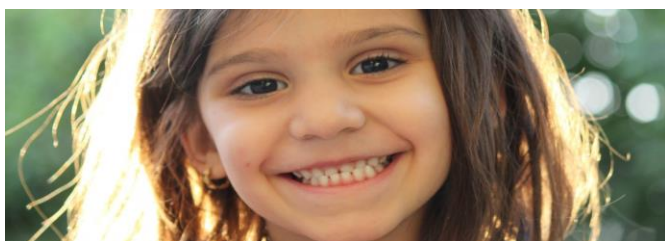
LOOKING AFTER YOUR TEETH

Rob Emery (*Autism Advisory Teacher*)

People with autism often have sensory processing differences. Brushing your teeth is part of a daily routine that most of us don't give much thought to. But for children and young people with autism this can be a dreaded excruciating daily experience. In this issue we look at some of the strategies to support parents with this aspect of the daily routine.

Sensory Processing

The mouth is an extremely sensitive area of the body that can provide sensory stimuli for a range of sensory systems. When a person has differences in the way that they process this sensory information it can mean that senses are hyper-sensitive (over sensitive) or hypo-sensitive (under sensitive). Here we look at ways to support each of these sensory systems in preparation for brushing teeth.



Proprioception

Proprioception refers to the unconscious knowledge of body position. It enables us to know where our limbs are in relation to the rest of our bodies. It also gives us feedback on the amount of force our muscles exert.

- Try to prepare the jaw and neck by applying firm pressure before brushing.
- Bite down firmly several times on a cloth or towel before brushing.
- With fingertips, apply pressure to the area around the mouth and cheeks onto the gums before brushing.
- Try a vibrating toothbrush.

Vestibular

The vestibular system is all about balance, gravity and head position.

- Get your child/young person to lean against a wall as they brush their teeth.
- Ensure that your child can see a mirror as they brush.



Tactile

- Use a Nuk training brush before moving on to bristles.
- Try softer bristles before moving to stiffer bristles.
- Try chewable toothbrushes
- Use warmer water rather than cold water.

Auditory

The sound of the brush on the teeth or the electric toothbrush motor can cause distress, especially in the echoey environment of the bathroom.

- Play music while you brush your teeth or distract with a countdown.
- Try wearing ear defenders or noise cancelling headphones as you brush.

Taste/Smell

- Rinse the mouth regularly if needed.
- Try mild toothpastes, flavourless toothpastes or different flavoured toothpastes.

Develop good habits

It's easier to establish good habits from the start rather than try to change behaviours. Make teeth brushing part of your child's daily routine from a young age. Brush your teeth together to model how to do it. Use an app such as the Aquafresh Brush Time app to motivate and reward tooth brushing.

The Sensory Corner

It's pumpkin exploration time!

We all know how to carve our pumpkins into different interesting creatures, but what do we do with them after Halloween?

There are so many fun things to do with pumpkins and pumpkin guts which will give your child endless fun.

Pumpkin Volcano-add bicarbonate of soda, food dye and white vinegar to a hollow pumpkin to make it erupt!

Pumpkin guts-For those of you who have children who are tactile defensive, try putting bits of pumpkin in a sealed sandwich bag for them to explore!

Pumpkin painting-Get lots of paint and use hands or paintbrushes to mix colours and make marks!



R H Q V B I S P H X
L E B Z C M T M A S
H E B K R K S N L Z
K F A O I N O V L P
I N E V T I R S O J
L Y E P E C F M W F
O P Y U A S O H E J
E R E B M E T P E S
W A A A U T U M N V
B O N F I R E Y G V

Autumn

leaves

Halloween

October

September

bonfire

frost

Out & About

Hill Farm Pumpkin Picking

Pick your own Pumpkins!
[Click here](#)

Half term at Nene Park

Plenty to get involved with this half term at Nene Park!
[Click here](#) for more info.

Inflatanation SEN Friendly sessions

[Click here](#)

Burghley Halloween Trail

[Click here.](#)

Sacrewell Farm Pumpkin Festival!

[Click here](#)

Peterborough Cathedral

Monks, Mishchief and Marauders Tour.

Fear Not, Halloween Tour.
[Click Here](#)

Try these...

...Autumn Scavenger Hunt
([click here](#))

...Autumn Spice Playdough
([click here](#))

...Autumn Tree Painting
([click here](#))

...Leaf Printing
([click here](#))

...Coding Ghost Game
([click here](#))

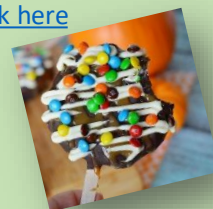
No Carve Pumpkins

[Click here](#)



Apple Chocolate Slices

[click here](#)



NOTICE BOARD

To do:

- Apply for school places by Oct 31st (secondary places)
- Apply for School Places by January 15th (Primary places)

[Click here](#)

Upcoming events:

Yvonne Newbold
Autumn programme of Webinars.
There is a small charge for these, but they are great value.
[Click here](#)

Welcome to the team: Robin

Hi everybody :) I recently moved to Peterborough from Suffolk and am enjoying exploring the area! I have been teaching pupils with Autism and other complex needs for four years as a SEN Teacher and have volunteered in a variety of schools before then. In my spare time I love to climb, paddleboard, travel and cook. I'm looking to working as part of the team!