

- Wat doen ons?
- Vestibuläre stimulasie
- Proprioception
- What is the tactile system?
- Gediggle
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- What to be excited about



A Quarterly Insight into the Occupational Therapy World

# De Newsletter



## Wat doen ons by De Wet Arbeidsterapeute >>>

### **Perseptueel:**

Onseker oor basiese konsepte.  
Menstekening is onvoldoende.  
Teken of skryf van regs na links.  
Swak ruimtelike oriëntasie.  
Sukkel om verskille/ooreenkomsste te herken.  
Sukkel om rympies of stories te memoriseer.  
Sukkel om legkaarte te bou.

### **Aandag en konsentrasie:**

Impulsief / vroetelrig.  
Sukkel om te fokus.  
Werk te stadig of te vinnig.  
Instruksies moet dikwels herhaal word.  
Konsentrasie is wisselvallig.  
Maklik afleibaar.  
Dagdroom en werk ongeorden.

### **Sensories:**

Hou nie van verskillende teksture nie.  
Eet net sekere kosse.  
Beweeg baie / vermy beweging.  
Voel onveilig wanneer voete die aarde verlaat.  
Swak waagmoed.  
Oorreageer maklik.  
Reageer / registreer stadig.

Eerstens het ons elkeen wat hier werk 'n passie en 'n groot liefde vir kinders!

As arbeidsterapeute evalueer, identifiseer en behandel ons enige probleme hetsy motories, sensories, skolasties of sosiaal wat die kind se funksionering beïnvloed deur die gebruik van 'n verskeidenheid aktiwiteite en metodes. Die identifisering en behandeling van vroeë ontwikkelingsagterstande is kardinaal om seker te maak dat elke kindjie optimaal funksioneer.

Behandeling vind plaas deur middel van terapiesessies: deur aktiwiteite, wat groot motories, fyn motories, perceptuele komponente en sensoriese integrasie ontwikkel. Spesiale tegnieke word ook in terapie gebruik om stimulering en ontwikkeling te bevorder en ondersteun.

Riglyne om kind te verwys:

### **Groot motories:**

Handhaaf nie 'n goeie sit- en staan postuur nie.  
Swak uithouvermoë.  
Kom lomp voor en val maklik.  
Onvoldoende balvaardighede.  
Swak balans.  
Vermy midlynkruising.  
Werk deurmekaar en slordig

### **Fyn motories:**

Verkeerde potloodgreep.  
Swak inkleurvaardighede.  
Swak skêrhantering.  
Sukkel met los- en vasmaak.  
Dominansie nie vasgelê.  
Swak manipulering van objekte.  
Swak nateken / kopieëring.  
Werk met arm in die lug.

### **Skoolverwante vaardighede:**

Verkeerde lettervorming.  
Onnet skrif en transkripsies.  
Spieëlskrif.  
Omkerings van letters.  
Onvoldoende sinskonstruksie.  
Sukkel om letters korrek te kopieër.  
Laat letters weg.  
Sukkel om woorde te memoriseer.

# Artikel 1 >>> SWAAI!

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## Vestibulêre Stimulasie

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Die vestibulêre sisteem is die sensoriese sisteem wat verantwoordelik is om inligting vir die brein te verskaf oor beweging van die lyf, posisie van die kop, posisie in die ruimte asook ruimtelike oriëntasie van die lyf. Verder beïnvloed dit ook `n kind se motoriese vaardighede en funksies. Die vestibulêre sisteem help met balans, asook om die kind se kop en lyfie gedurende bewegings te stabiliseer, die korrekte postuur te handhaaf wanneer die lyf beweeg en help dat kinders veilig voel wanneer hulle voete kontak met die aarde verbreek.

Die vestibulêre sisteem is die mees kritieke sensoriese sisteem in die lyf. Die sisteem het `n ongelooflike impak op kinders se motoriese en emosionele vaardighede asook leer vermoë. Die vestibulêre sisteem is die eerste sisteem wat in die baarmoeder ontwikkel! Na geboorte dien hierdie sisteem as die brein se “verkeerbeheertoring” vir alle inkomende sensoriese informasie. Dit sorteer en stuur alle inkomende sensoriese informasie vanaf ander sensoriese sisteme na die verskillende sensoriese areas van die brein.

## Ontwikkeling

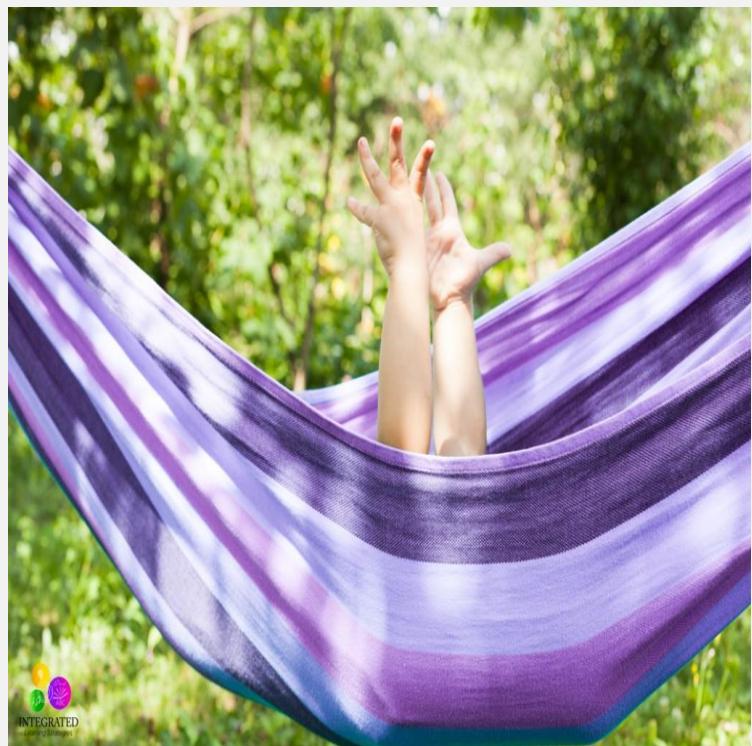
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Vestibulêre stimulasie is baie belangrik vir kinders se ontwikkeling. Dit help met balansaktiwiteite, rompbeheer, motoriese koördinasie asook groot motoriese en sport aktiwiteite. Verder beïnvloed dit ook selfsorg aktiwiteite bv. om jou kop agteroor te tilt om hare af te spoel. Die vestibulêre sisteem help kinders om gereguleerd te voel en om fokus te hou in die klas.

Wanneer `n kind se vestibulêre sisteem nie goed geïntegreerd is nie, kom hierdie kinders voor as oorsensitief of ondersensitief vir beweging. Hierdie kinders beweeg konstant om hulle self te stimuleer of is bang en onseker om te beweeg. Hulle mag moontlik sukkel met koördinasie en beplanning en vind die volgende take moeilik en uitdagend: springpatrone, ritme behou, balvaardighede en midlynkruising aktiwiteite.

# Die vestibulêre sisteem sorg vir:

- Goeie balans! Wanneer `n kind se vestibulêre sisteem nie voldoende geïntegreerd is nie, kom kinders lomp voor.
- Verbeter visuele volging. Hierdie help kinders met oog-kop koördinasie, dws om met gemak van hulle boeke na die swartbord en terug na die boek te kyk sonder om hulle plek te verloor of om 'n bewegende bal deur die lug te volg met hulle oë.
- Ondersteun en bevorder taal ontwikkeling deur ouditiewe en visuele sintuie te integreer.
- Help met waagmoed en selfvertroue.
- Moedig self regulasie aan.



Daar word ook na die vestibulêre sisteem verwys as die “aan en af” knoppie van die brein of lyf. Die vestibulêre sisteem kan kinders opwek of kalmeer. Vinnige op en af, of draai bewegings is geneig om kinders op te wek en hulle lyfies “wakker” te maak, waar stadige en ritmiese bewegings weer help om kinders te kalmeer of te reguleer. Vestibulêre stimulus en aktiwiteite moet versigtig benader word, omdat elke kind anders hierop reageer.

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## » Speel <<

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Meeste kinders se vestibulêre sisteme ontwikkel spontaan deur alledaagse spel, wat beweging insluit.

Hier is `n paar aktiwiteite wat vestibulêre stimulus stimuleer:

- Spring speletjies: Trampolienspring, hop scotch, springtou.
- Draai speletjies: Rondomtalie, bollemakiesies, rol op die vloer, dans, opwen en afdraai op `n swaai, wawiele maak, draai op `n kantoorstoel.
- Swaai speletjies: Parkie-swaai, platform swaai, hangmat, “monkeybars”, hamer-spyker.
- Liggaamsbewegings of posisies: Kop-onderstebo staan, krapstaan, muur-handstands maak, kruiwaloop, onderstebo hang, oor `n bal rol.

- Fietsry, skopfietsie of skaatsplank ry.
- Glyplank.
- Hindernisbaan.
- Balans speletjies: Loop oor `n balansbalk of Twister speel.

Spring, speel, draai en swaai!  
Skree, hardloop en maak `n lawaai!

Wip op die bed en ry op jou fiets,  
rol by die wal af of spring op iets.

Maak `n bollemakiesie, spring en klim,  
Want al hierdie lekker speletjies maak jou brein sommer slim.

Deur Jolene Cilliers  
De Wet Arbeidsterapeute



# The Vestibular System

The vestibular system is our positional sense, telling us about our position in space and helping us process movement experiences.

## Quick Wins

### SWINGS

Rhythmic side to side or forward and back movements can be calming while spinning can be alerting.

### UPSIDE DOWN PLAY

Try yoga, animal walks, and somersaults! Great for self-regulation, focus, and attention.

### WIGGLE SEATS

A great option for the classroom to provide subtle movement input for fidgety kids.

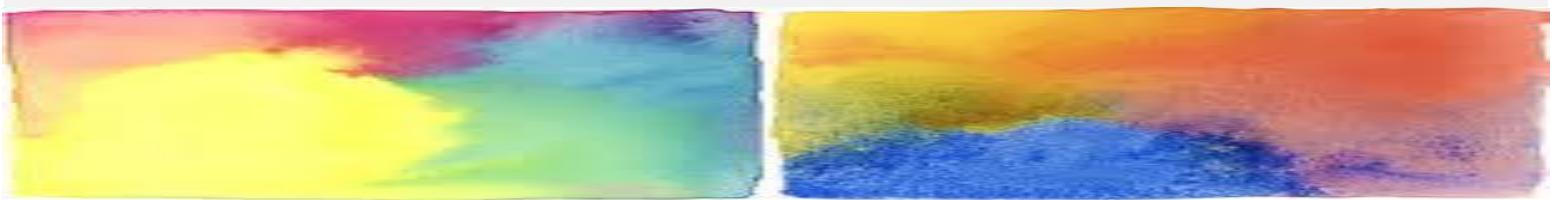
### JUMPING

Jumping down from a raised surface or jumping on a trampoline give vestibular and proprioceptive input!



## Article 2 >>>

# PROPRIOCEPTION



## What Does Proprioception Mean?

When children move and play, their muscles stretch and contract. Proprioception refers to the way joints and muscles send messages to the brain to help coordinate movement.

This sense also allows us to grade the force and direction of our movements – our bodies instinctively know to apply more effort when lifting a heavy box and less effort when lifting a piece of paper. While the vestibular system tells the brain about balance and moving against gravity, the proprioceptive system helps us coordinate the movement of our arms and legs in an efficient manner to play and move without even having to look.

## A Healthy Proprioceptive System

A functioning proprioceptive system allows a child to write with a pencil without pushing so hard that he breaks the tip or take a drink from a Dixie cup without crushing it in his hand. A functioning proprioceptive system allows children to move, play, and explore in a smoothly coordinated and efficient way – not too gently, not too rough.

## Problems With Proprioception

Meet our friend Sam. At school, Sam has a reputation for being the “rough kid”. He pushes other kids in line, he writes and colors with heavy pressure, he plays aggressively with others on the playground. In gym class, Sam doesn’t kick the ball to his partner, he kicks it as hard as he can.

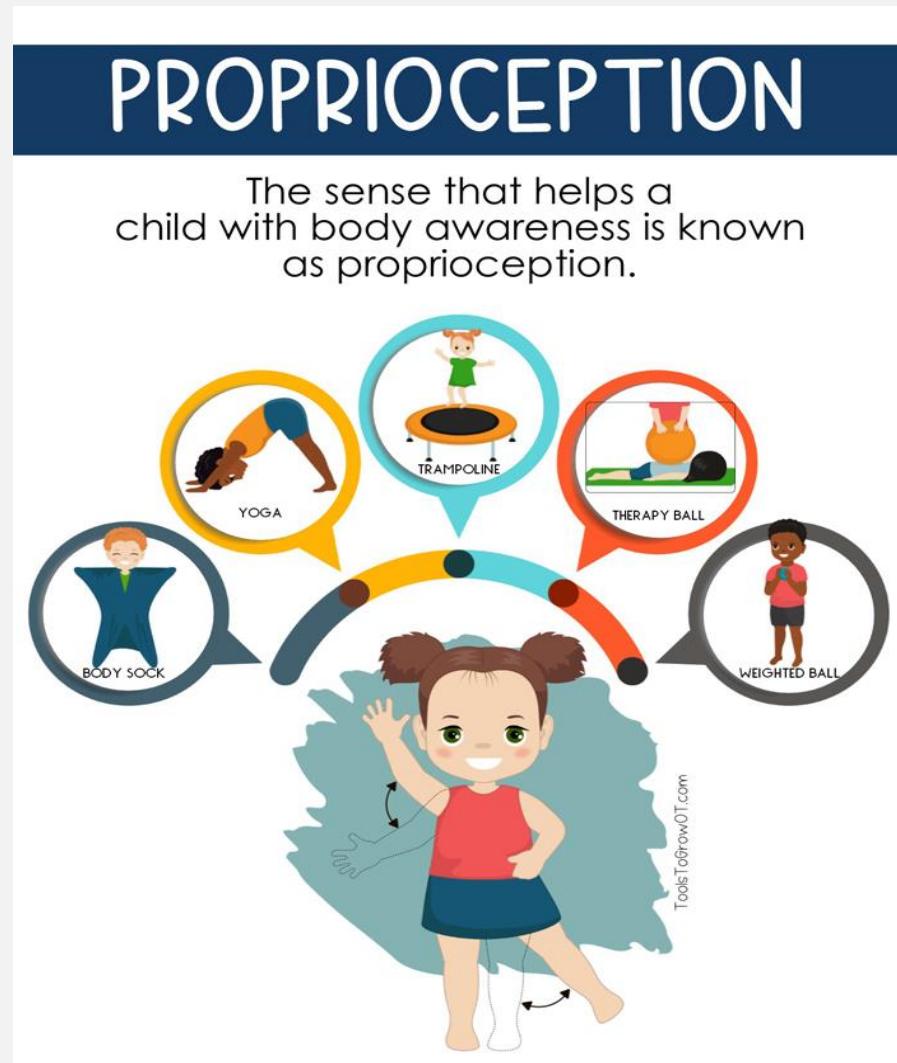
Now, meet Julia. Julia falls out of her chair several times a day. Her writing and colouring is barely visible on paper. She bumps into walls and other children when moving in the hallway and appears weak and clumsy. She has to look and really think about what she is doing even during the simplest motor tasks like putting on her shoes. Julia sometimes appears tired or sluggish, slumping and leaning in her seat. The gym teacher knows Julia well, and spends extra time with her practicing skills.

Even though these two children have very different appearances, in reality, they both need more proprioceptive input in their daily routine. Proprioceptive activities provide opportunities for heavy work (pushing, pulling, moving against resistance), waking up your muscles and therefore, your mind.

# Our Favourite Proprioceptive Activities for Kids

Most children develop a strong proprioceptive sense simply through engaging in everyday play activities that allow for exploration and movement. There are many activities that can help promote the development of a healthy proprioceptive system. Here are some of our favorites:

- Hit the playground! Kids get amazing proprioceptive input through free play on monkey bars, climbing equipment (climbing walls, ladders, ropes), ziplines, seesaws, and trapeze swings!
- Get involved in community classes and activities for kids such as: swimming (great for whole body movement against resistance), gymnastics, karate, and kids yoga.
- Jumping! Try a trampoline or jump rope.
- Play with tools and toys that provide resistance like stress balls, resistance bands, rubber bands, and hole punches.
- Household chores that require movement against resistance: taking out the trash, pushing a vacuum, moving/lifting heavy laundry baskets.
- Tug of war.
- Wheelbarrow Relay.
- Crab Walk.
- Pillow Party.
- Play dough activities.
- Wall handstands.



# The Proprioceptive System

The Proprioceptive System is centered in our muscles and joints and gives us information about the force of our movements and the position of our body parts.

## Quick Wins

### CRASHING

Crashing into bean bag chairs, cushions or a crash pad provide whole body proprioceptive input.

### STOMPING

Try stomping in puddles, leaves, or snow or create "targets" to stomp on using colored tape.

### HEAVY WORK

Pushing and pulling against resistance can have a calming and organizing effect on kids' behavior.

### CHEWING

The jaw provides some of the most powerful proprioceptive input in the whole body. Try gum or chewy snacks.





Compiled by De Wet Occupational Therapists

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## **SENSORY MOTOR PROGRAMME FOR TODDLERS!**

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Stimulate your sensory systems with 200+ activity ideas that can be done with items at home.

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**De Wet**

## **Article 3 >>>**



# What is the Tactile System?

The tactile sense is how we interpret the information we get from the receptors on our skin. When we encounter the feel of an object in our environment, our nervous system receives this information and helps us understand and differentiate pressure, texture, traction, and other tactile qualities of the object and lets us determine exactly what it is that we're feeling. Our tactile system also helps us to understand temperature and to feel pain. There is a relationship between touch and the emotional centers in the brain, helping us make decisions and remember details about tactile experiences that we find pleasurable and ones that aren't so pleasurable.

The sensory processing tactile system is what lets a child reach way down into his toy box and pull out his favorite action figure without even looking. It lets you know when the shower is warm enough (but not too hot) and helps you decide

whether you prefer a calm bath or a strong shower. It's how you know that you are touching something sharp, smooth, rough, or bumpy. But touch receptors aren't only in your hands – in fact, they're all over your body! It's because of these receptors that you feel your foot hit the floor with every step or grab your favorite jeans or shirt because they feel good to wear.

## A Healthy Tactile System

When the tactile sense is fully functioning, children are secure and organized enough in their bodies to be able to attend and respond to all of the other sensory information they encounter each day. They don't become distracted by the constant tactile input they are experiencing in any given moment (the way their shirt feels on their arms, the feeling of the breeze hitting their face) because they are able to filter out which tactile information is important and which isn't so important. A child with a well-developed tactile sense engages in play easily with his peers and explores toys during parallel and group play. He effortlessly participates in activities of daily living involving touch including bathing, brushing teeth, washing hands, dressing and tolerating clothing, and mealtime routines. He shows curiosity by touching and interacting with his environment throughout his day in a controlled manner, not fearful of touching or being touched and also not preoccupied with touching everything around him.

## Problems With Tactile Processing

Some children experience difficulty with processing the tactile information they encounter in everyday life. They may be overly sensitive (hypersensitive) to tactile input, causing them to withdraw from or avoid certain tactile experiences. To them, even the most simple touch experiences may be unpleasant or even painful. Children who are hypersensitive to tactile input may avoid getting their hands or face messy, steering away from activities like finger-painting, play dough, and even eating certain foods. They may struggle with certain hygiene tasks, having extreme

reactions or tantrums during tooth brushing, bathing, and haircuts. Tolerating certain types of clothing may be difficult.

Other children may have the opposite experience, seeking out more tactile input to give their bodies what they need. These children love to touch and be touched. They crave hugs, sit very closely to another person, and seek out different textures and touch experiences. They may “fiddle” with objects in their hands, rubbing them, turning them over and over, squeezing them. They may seem fearless, touching everything they see, even objects that might be dangerous.

## Activities to Promote Tactile Processing

Here are some ideas that provide opportunities for play and exploration using the tactile sense. If you have a child that is over or under-reactive to touch, please be sure to contact an occupational therapist that can offer support for your child’s individual needs. These activities are meant only as fun ways to incorporate the tactile sense into every day play, not as treatment for children with sensory processing issues.

1. Create sensory bins! Fill up a large tupperware container with sand, peas, rice, pasta, water etc. Once the child has explored a little, try hiding objects in the bin and see how many the child can find. Add a cup to practice scooping, dumping, pouring, and shaking. Have kids use their words to describe how the texture feels to them. Soft, bumpy, shiny, great, yucky, etc.
2. Have a fashion show with your little one using clothing with varying textures (e.g. hat, shirt, pants, gloves, flip flops, boots, tights, etc.) Try making it into a game. How much clothing can the child get on to her body in 1 minute? Can she race against a friend or sibling?
3. Go swimming! It’s the perfect activity for whole body tactile input! Any kind of water play makes for a great tactile experience: in the bath, in the sink, or just a big bowl of water on the floor! Add sponges, cups, a watering can, eye droppers, and medicine syringes for more fun and exploration!
4. Play with sensory rich toys such as play dough, clay, and finger paint. Remember, you can play with more than just your hands! Get the feet in on the action too or let kids paint their whole bodies before bath time.
5. Introduce toys with vibration such as a Squiggle Wiggle Writer, a vibrating pillow, or a vibrating stuffed animal.
6. Make a touch and feel book with a different page for each texture. See if you can find something around the house or outside (swatch of scrap fabric, craft paper, sticks, leaves) to glue onto the pages of your book as examples of smooth, rough, soft, hard, bumpy, etc.
7. Above all, let kids get dirty! We know this can be hard, but stay strong and remember that allowing your children to explore and get dirty, whether with an indoor cooking activity or playing outside in the mud (or in the rain!) helps develop a strong and healthy tactile system!

# Die gedagtes van Japie, 'n tas-sensitiewe seuntjie...

My naam is Japie, ek is bietjie anders as die res;

Ek is lank en my oë is blou en ek word die jaar ses.

Ek hou nie van tandeborsel en my hare is altyd gekoek;

Mamma mag nie my hare kam nie en ek gril my dood vir daardie denim broek.

Ek haat vuil hande, maar hou ook nie daarvan om hul te was;

die handdoek laat my gril en hy krap - hy is grof net soos gras.

My handjies sukkel om my knope, veters en ritssluter vas te maak;

Juffrou sê my potloodgreep en inkleur is ook 'n ander saak.

Daardie wollerie trui en klere se koerantjies in my nek;

is genoeg om my heeldag te laat wriemel - dit maak my juffrou gek.

Sy sê ek kriewel en is emosioneel en woelig in die klas;

ek huil gereeld en my hart is seer - dit laat my voel soos 'n las.

Ek eet net sekere goed soos tjoklitpap en kaas;

Ek haat vleisies en die groen goed in my bord en kry elke keer met etenstyd raas.

Aantrek vat vir ewig, daar is min klere wat my nie krap of skaaf;

Om my te laat kaalvoet loop op die gras of strand met daardie baie sand, is braaf.

Daar is 'n langmou hemp en 'n lap broek in my kas wat ek winter en somer dra;

Mense dink dit is my gunstelinge, maar eintlik beskerm dit my vel - vra maar my ma!

Moet my nie streele nie en kielie is glad nie 'n bederf;

Ek is mal oor stywe drukkies en speel graag alleen in my time-out tent in die erf.

Ek is nie regtig moeilik nie, ek belowe ek is soet;

Verstaan net dat my lyfie tas anders ervaar as wat dit moet.



Deur Meghan Butler

De Wet Arbeidsterapeute

# The Tactile System

The Tactile System is our sense of touch. Our skin gives us information about pressure, texture, pain, and temperature.

## Quick Wins

### MESSY PLAY

Activities like finger painting, playing with food, and making slime provide input to the tactile system.

### SENSORY BINS

Playing in dry rice, dry beans, or dry pasta is a great way to engage the sense of touch and get kids' interest.

### SWIMMING & WATER PLAY

Water is a sensory powerhouse because it targets the tactile, proprioceptive, and vestibular systems.

### FIDGET TOOLS

Fidget tools made from various textures and materials often work well for kids who need to touch/manipulate objects to attend.





# TUIN KLEIBOKS!

Sluit in:

Klei, speelmatjies,  
krale, ogies, klippies,  
vere en ander  
fyn motoriese  
komponente. Volg  
die instruksies of wees  
kreatief terwyl jy vele  
vaardighede ontwikkel!



Bestel by: [admin@dewetot.co.za](mailto:admin@dewetot.co.za)

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# OT Terminology

Words, sentences and phrases commonly used by teachers and therapists.

## Sensory Systems



What to be excited about and look out for



# De Wet pretpark!

**Ons speletjies biblioteek!**

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ONS SPELETJIES BIBLIOTEEK!

NEEM 5-8 SPELETJIES UIT VIR 'N WEEK EN ONTWIKKEL  
BAIE VERSKILLENDÉ VAARDIGHÉDE!

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0766550996

VIA ZOOM!  
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SPASIES

JUFFROUENS &  
OUERS

# FYN MOTORIESE KURSUS!

Aangebied deur  
De Wet Arbeidsterapeute  
Jolene Cilliers & Meghan Butler

30MIN INLIGTING SESSIE  
MET NOTAS & 15MIN VRAE

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