



Sensory Diet Suggestions for Specific Target Behaviors:

Target Behavior: Wrist Biting

Things to consider: Try behavior analyses to see if there are specific triggers for the wrist-biting. It might be helpful to use the A-B-C approach (Antecedent, Behavior, Consequence) to analyze the behavior. You may find that the behavior increases during times of stress, or in response to certain settings or environments. If so, think about what accommodations may be helpful. From a sensory perspective, wrist-biting can indicate that the individual is seeking proprioceptive and tactile input to the mouth and arm. Sometimes self-injurious behaviors are also a way to get a release of endorphins, which are the body's natural painkillers. As with any form of self-injurious behaviors, it is advisable to discuss it with a doctor to rule out any undiagnosed pain or discomfort.

Sensory Diet Strategies:

- Throughout the day, encourage activities that provide proprioceptive (heavy work) input to the arms and hands such as
 - Crawling
 - Pushing and pulling (or holding onto a rope while being pulled on a scooter board)
 - Lifting and carrying heavy items
- Encourage frequent use of sensory tools that provide proprioceptive input to the mouth such as
 - Chewing toys and chewable jewelry, oral vibrators, and blow toys
 - Drinking through straws – you can even try having the child drink yogurt or jello through a straw for increased resistance
- Experiment with additional items that provide some deep pressure and tactile input to the hand and wrist such as a spiky glove, wrist bands, chewelry bracelets, or compression sleeves
- Try to provide a longer sensory break every couple of hours (10-20 minutes for most kids). Here's a great way to structure these longer breaks:
 - First, let the child choose a whole-body proprioceptive activity:
 - Scooter board (on tummy)
 - Rolling on a mat or being rolled up like a "burrito"
 - An obstacle course that includes a lot of crawling
 - While the child is participating in one of the above activities, have him/her keep a chew toy or a blow toy in his/her mouth
 - Second, focus on the mouth:
 - Use oral vibration to the mouth
 - Encourage chewing against resistance – for example, have the child bite down on an appropriate chew toy while you tug on it
 - Finish with a chewy food or drinking a thick liquid through a straw