








FREMANTLE LANGUAGE DEVELOPMENT CENTRE

From the parent information session “make your house sensory smart” a list of useful sensory equipment that can be used within the house has been developed. A lot of this equipment is now available at Fremantle LDC to trial for the students, so please ask you teacher to contact the OT to arrange a trial.




Equipment	Image	Benefit	Cost	Suppliers
Air filled cushion		Proprioceptive and vestibular input – helps keep body switched on	\$20	Gym / sports stores or on ebay: search <i>stability disc</i> or <i>balance disc</i>
Chewy toys		Good for those children who like to lick, chew and suck on “things”	\$10-20	http://shopau.sensorytools.net/as_oralmotor or on ebay: search <i>chewy necklaces</i>
Vibrating toys		Good proprioceptive input	\$10-20	http://shopau.sensorytools.net/as_sensory-diet
Electric toothbrush		Good oral motor input prior to mealtimes	\$10 – 50	Any sort is fine from supermarkets, or rechargeable ones at larger retailers
Compression garments		Good proprioceptive input – like a bear hug all day	\$25- \$40	http://www.jettproof.com/

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Hokki stools		Good proprioceptive and vestibular input – great for the wrigglers!	\$90	http://woodsffurniture.com.au/
Wheat packs		Good proprioceptive input – can be placed in bed, or on lap	\$20	Chemists often stock them, or be creative and make your own (<i>Usually it is no more than 10% of the child's body weight</i>)
Weighted blankets		Good tool for nighttime and help child get off to sleep or stay in bed	Starting at \$100	https://www.calmingmoments.com.au/shop/ or on ebay: search weighted blankets Or make your own using polymer beads (instructions online) (<i>Usually it is no more than 10% of the child's body weight</i>)

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