

# Pressure Touch and Joint Input Brushing Program

## General Information

Tactile pressure and brushing makes it easier for your child to interpret and use sensory information. He or she may:

- have decreased sensitivity to certain textures, clothing or to being touched
- have better attention, temperament and self-regulation
- adjust to transitions easier
- sleep and eat better
- have an easier time communicating and following directions
- have better coordination.

You will receive one brush to use and directions on where to buy others.

## 1. Brushing Directions

- **Do not brush your child's head or stomach.**
- Check the brush before you use it so it isn't scratchy. (The occupational therapist will show you what to look for.)
- Hold the brush horizontally (side to side).
- Apply firm pressure to the skin to make the bristles bend.
- Use long strokes to brush:
  - both arms and hands
  - back
  - both legs and feet.

**Your Program**

How often to do:  
\_\_\_\_\_

How long to do:  
\_\_\_\_\_

Therapist name:  
\_\_\_\_\_

Call your child's therapist if you notice any changes in your child's behavior.  
Therapist phone number:  
\_\_\_\_\_

## 2. Compression Directions

- Line up your child's joints and gently push together **10 times each**, starting close to the body:
  - shoulders, elbows, wrists and fingers
  - hips, knees, ankles and toes.
- If your child can't sit still for this, push his or her hips toward the floor while he or she stands **or** have your jump and do wall push-ups.

## How Long the Effects Will Last

The effects of this program will stay in your child's body for up to 120 minutes.

## **When to Stop Brushing or When Not to Brush**

Stop brushing or do not brush if your:

- child turns pale
- child has changes in breathing  
(too fast or too slow)
- child feels like throwing up
- child's skin has sores, burns, sunburn,  
rash, or tender or sensitive areas
- child's skin turns red (you may be  
spending too much time in one area).