

HELPFUL INFORMATION REGARDING CHEMICALS IN THE BODY THAT ARE RELATED TO SENSORY PROCESSING

To Keep the Body Healthy Biochemically it is important to keep the following in mind:

1. Sleep is Important
 - a. Having the same routine every night is very helpful
 - i. No TV/screen time after dusk (lights and images from the screens wake the brain up and disrupts sleep)
 - ii. This is a good time for old fashioned play (using building blocks on the floor)
 - iii. It may even be helpful and fun to eat dinner by candle light (bright lights can be alerting to the brain)
 - b. Body temperatures need to drop 2 degrees to fall asleep, so it is best to keep the room cooler (increased body temperatures usually are because of high cortisol levels which puts them in flight or fight mode at all times)
 - c. Use a weighted blanket while child is sleeping (or heavy quilts, extra comforter)
 - d. Take a hot bath and then send the child straight to bed (no play time, story or snack after bath time)
 - e. use deep pressure when towel drying child (which increases serotonin and dopamine levels)
2. Diet is Important
 - a. Omega Fatty Acids causes light sensitivities
 - b. Decreased magnesium causes auditory sensitivities
 - c. Decreased zinc causes taste sensitivities
 - d. Give a high protein diet to increase dopamine
 - e. Two Resources that may be helpful when researching diet and food issues are:
 - i. Brain Maker (Book)
 - ii. Nutrition Action (newsletter)
3. It is good to increase dopamine levels
 - a. deep pressure touch and input into the proprioceptive system is good for this
 - b. [Information for adults on how to increase dopamine](#)
4. It is good to increase serotonin levels
 - a. Twisting and providing traction of the spine (kids yoga videos, core strengthening exercises)
 - b. [Food to increase serotonin](#)
 - c. [Foods and Adult Information](#)
5. It is [good to decrease cortisol levels](#)