

## SENSORY LADDERS SUPPORTING SELF REGULATION FOR PARENTS



Sensory Ladders for Sensory People Stuck at Home "the just right challenge" is a concept coined by A. Jean Ayres' the founder of the theory of Ayres' Sensory Integration.

Sensory Ladders for Self Regulation can support the emotional wellbeing of children and adults anywhere. They help us to 'be' in the right place, so that we do the 'right thing', and at the 'right time'.

Learn about how Sensory Ladders can support your own or your child's self states. Learn how to use a Sensory Ladder at home. Consider how therapists can work with your family in your own home, using technology to provide individualised assessment and personalised sensory strategies to support everyone's emotional wellbeing at home.

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