



## Overview Information 2010 Table of Contents

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## Section 1: Company & STICKID Product Background

Community Therapy Associates (CTA) is a privately owned incorporated company based out of Cochrane, Alberta, that was started by Meryle Lehn in 1992. CTA provides Occupational Therapy services, workshops and has developed a software product SticKids.

Meryle received her Bachelor of Occupational Therapy from the University of Alberta in 1976. She is a registered Occupational Therapist with Alberta College of Occupational Therapists (ACOT). She has memberships with Canadian Association of Occupational Therapy (CAOT), the American Occupational Therapy Association (AOTA), Sensory Integration Global Network (SIGN), and the World Federation of Occupational Therapy (WFOT).

Meryle's practice specializes in supporting children with sensory integration and sensory processing challenges in rural, urban, school and home settings, She has combined her early sensory integration background from the 70's, with sensory modulation, sensory diet and cognitive motor learning theories and strategies. In 2004 and 2005 she enhanced her framework with the completion of WPS's excellent Sensory Integration Praxis Certification (SIPT) where peers and instructors encouraged her to formally publish her stick kid cut and paste activity pictures and planners.

After a year and a half of extensive product development, research and beta testing with participation from Pediatric Therapy Network (PTN) and AOTA Watertown STICKIDS completed development in late 2005 and went into production.



## Section 2: Product Overview



### What is STICKIDS?

A Software and Activity Kit that creates unlimited trackers, planners, activity cards and games.

STICKIDS now comes in one version for everyone

- Therapist Version - which allows for detailed customization related to therapeutic perspectives and preferences

### Who is it for?

STICKIDS supports children with *Sensory Integration*, *Sensory Processing* and *Sensory Motor* challenges ranging from: *Autism*, to *Attention Deficit*, to the regular child with mild sensory sensitivity and motor needs.

STICKIDS is suitable for children from toddlers to teens to adults from mild to those severely affected. It may be used for a single client or for groups with emphasis on specific therapy or general wellness.



## STICKIDS Benefits:

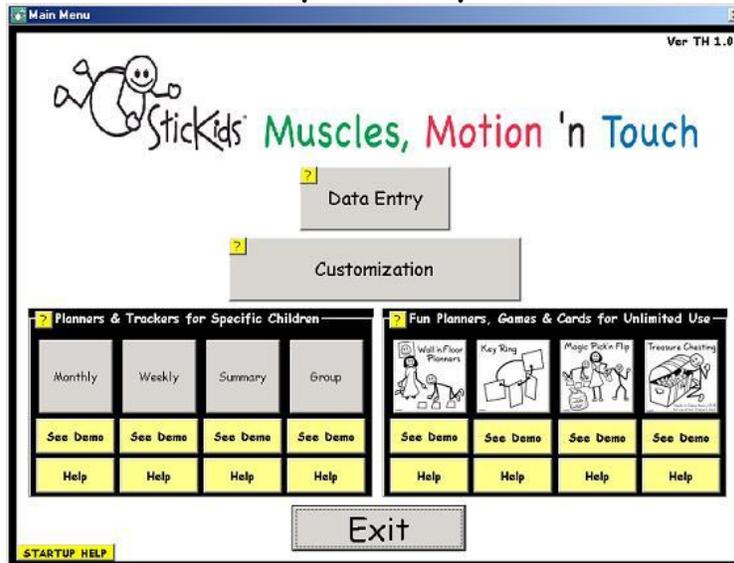
- Affordable and user friendly;
- Increases ease and effectiveness of "teaming" between teachers, therapists and parents;
- Promotes the participation in sensory diet/guide and sensory motor therapy routines and everyday activities to improve:
  - self regulation (sleep patterns, focus, alertness, emotional stability);
  - motor base of coordination, motor planning, tone, task sequencing and functional motor skills;
  - daily living and coping skills. Assisting to help minimize behaviors such as:



## Testimonials:

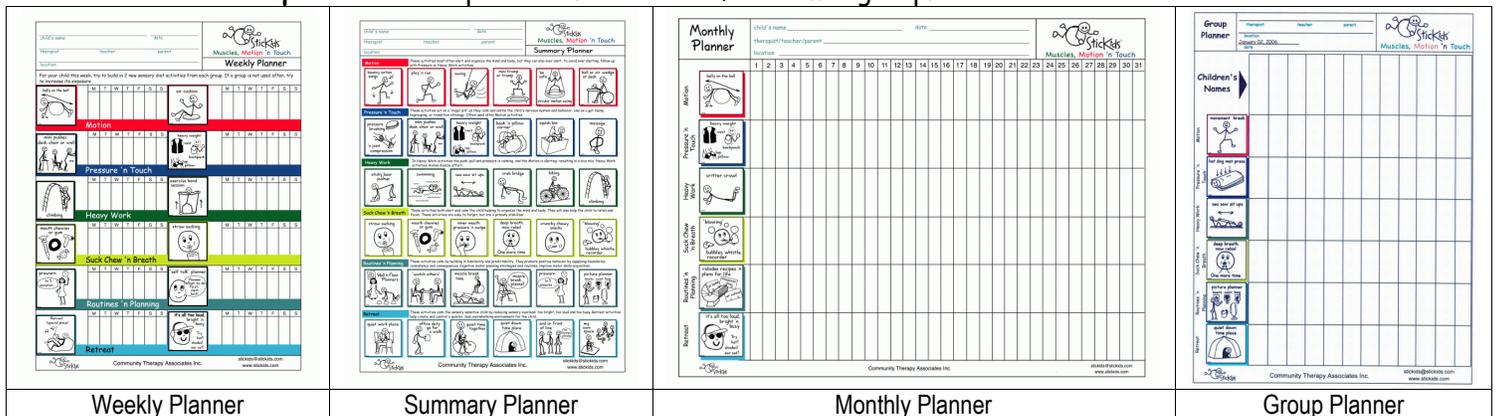
- *"STICKIDS provides no nonsense, quick access to pictures, planners, concepts and tools that enable me as a parent to understand my child's sensory needs and swiftly supply invaluable support!" - Beverly, parent*
- *"It's just AMAZING to have such an easy to use accessible tool for setting up and implementing sensory strategies and programs! Parents and assistants are so excited about using something so concrete and relevant for them. STICKIDS is making my practice so much more interesting" - Judith, Occupational Therapist*
- *"It's so easy to use and parents and teachers love it! The pictures are perfect to use with my kids" - Theresa, Occupational Therapist*

## SECTION 3-1 8 planner styles to select from:



### Formal Planners and Trackers

- **Weekly** - select 12 pictures to use throughout the week at home or school
- **Summary** - attaches to reports or use as an overview of pictures to learn
- **Monthly** - allows 6 activities to be tracked for a month.
- **Group** - select the pictures / activities for a small group.

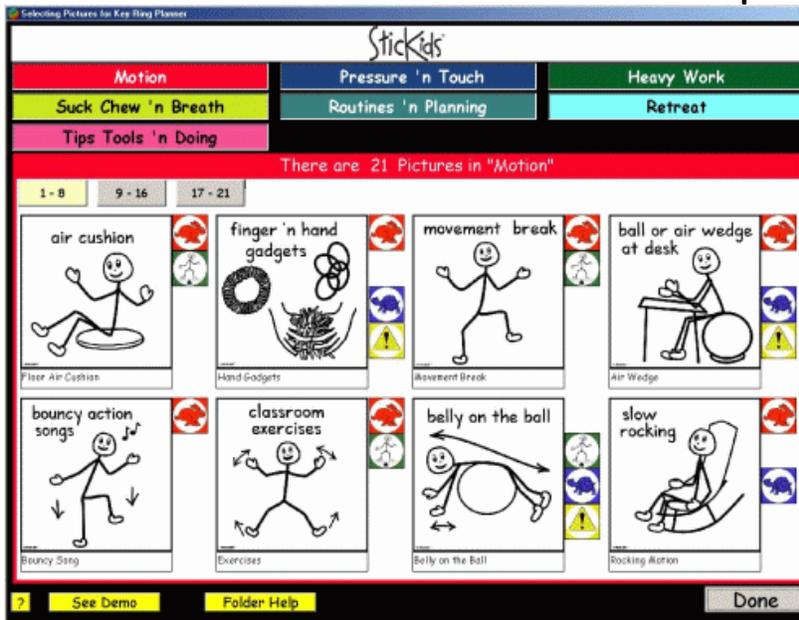


### Fun Planners and Activity Cards for Games:

- **Key Ring** - provides a series of small activity picture cards, which quickly adapt from a compact portable planner to fun therapy game cards;
- **Wall 'n Floor** - creates 1, 2, or 4 activity picture cards per page. These cards can then be used: in fun games, therapy time or wall charts for a reminder of recommended activities;
- **Magic Pick 'n Flip** - three different games can be created from these activity pictures;
- **Treasure Chest** - a 6-activity sequence planner, which quickly helps children regulate before doing challenging events.



**SECTION 3-2 8 Folders with Over 125 Stickid pictures:**

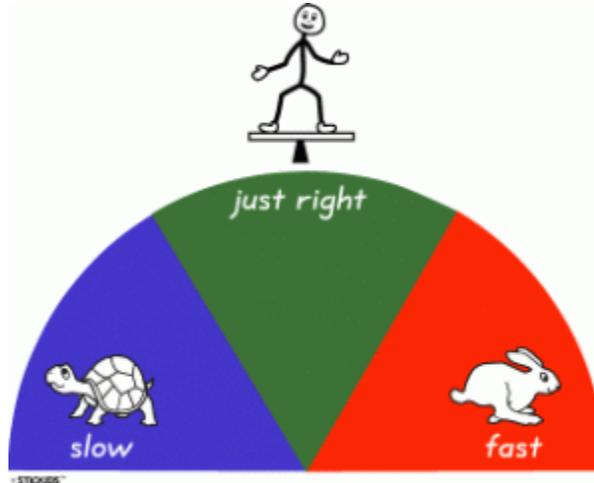


<p>jumping mini tramp or tramp</p>	<p style="text-align: center;"><b>Motion</b></p> <p style="text-align: center;">Most activities alert and organize the mind &amp; body.</p>
<p>desk pushup chair pushup wall push off</p>	<p style="text-align: center;"><b>Pressure n' Touch</b></p> <p style="text-align: center;">Calms and settles. A get ready, regrouping or transition strategy</p>
	<p style="text-align: center;"><b>Heavy Work</b></p> <p style="text-align: center;">Motion and deep pressure for alerting &amp; calming.</p>
<p>'blowing' bubbles, whistle, recorder</p>	<p style="text-align: center;"><b>Suck, Chew 'n Breathe</b></p> <p style="text-align: center;">Organize &amp; alert to help listen &amp; focus.</p>
<p>quiet down time place</p>	<p style="text-align: center;"><b>Retreat</b></p> <p style="text-align: center;">Reduce sensory overload (visual, auditory &amp; physical).</p>
<p>prewarn In 5 minutes...</p>	<p style="text-align: center;"><b>Routine 'n Planning</b></p> <p style="text-align: center;">Build-in cognitive support strategies familiarity, predictability &amp; prewarnings.</p>
<p>special scissors</p>	<p style="text-align: center;"><b>Tips Tools 'n Doing</b></p> <p style="text-align: center;">Strategies for task or tool modification; and activities of everyday "Doing it" events</p>
<p>fun rider</p>	<p style="text-align: center;"><b>Clinic Time (in the therapist version)</b></p> <p style="text-align: center;">Promote child participation in selecting, planning &amp; adapting therapy session activities</p>



## SECTION 3-3 Supplies Guidelines to Arousal Regulation Levels

- **Introduces the Critter Meter Self Regulation Program.** STICKIDS provides a new exciting self regulation program with Stickid, the Critter meter and the effect icons which give you an indication as to what the activity will do for the child.



**Turtle Speed:**  
Indicates the activity may trigger an increase in alert level



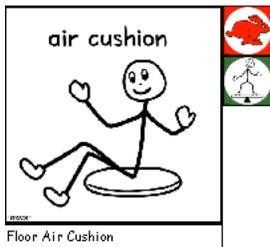
**Bunny Speed:**  
Indicates the activity may calm the child



**Just Right :**  
These often contain a mix of both calming and alerting activities.



**Caution :**  
Is assigned to activities where care needs to be taken



You will then see these mini icons when looking at pictures in the folders, and then again on various planners and activity cards. Most activities have several effect icons as the response can vary per child and how the activity is presented.

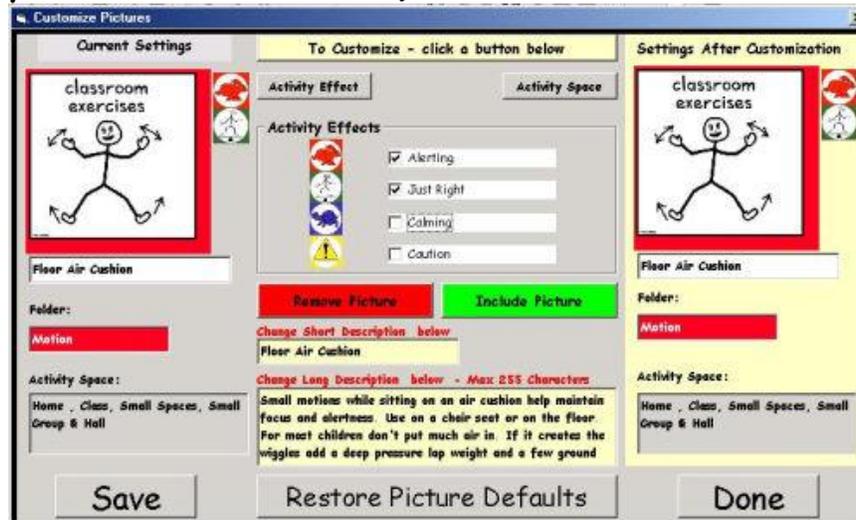
## SECTION 3-4 Customization Features:

### General Customization:

There are general customization features that can be used in both the Home 'n School Version and the Therapist Version:

- Individual child's name and related information can be added to all Planners
- Selection of pictures and activities depending on each child's needs and preferences.
- There are over 125 pictures to choose from.

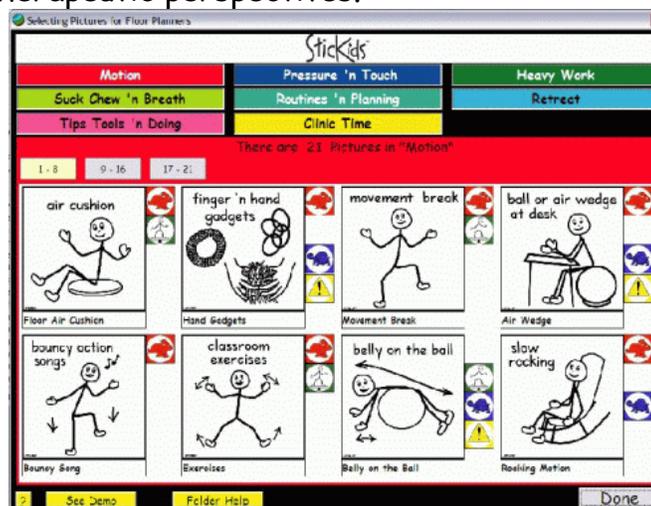
### Therapist (system wide customization)



- Selection of desired Activity Effect Level for each activity / picture. These can be customized for the entire data base and for each child.



- The Activity Group / Folder terminology and color can be customized according to therapeutic perspectives.

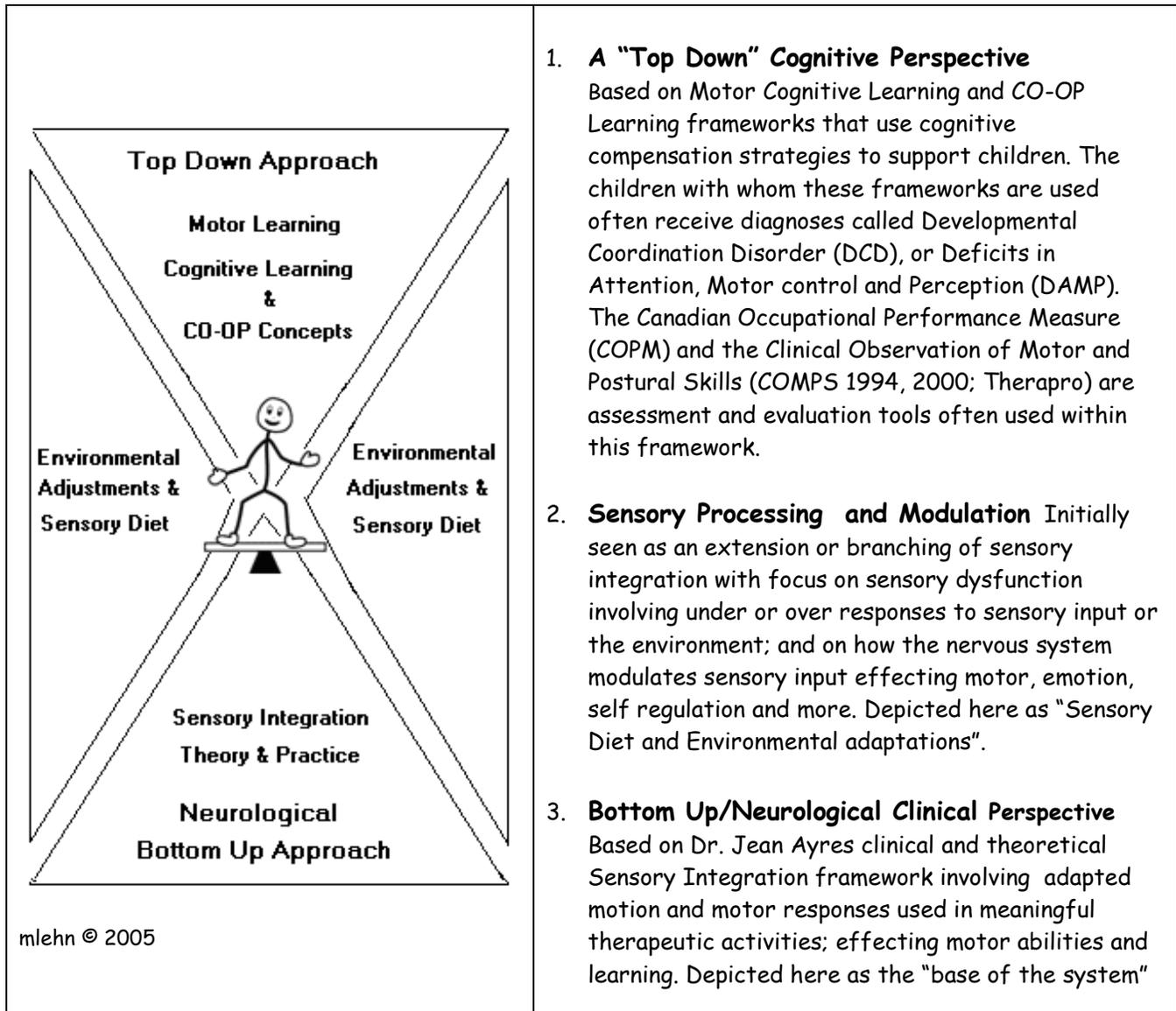


- The long description of the Folder / Group which appears on the Summary Planner
- The name or short label of each activity / picture
- The deletion of an activity / picture for the entire data base or for each child, depending on therapeutic perspectives and child's needs



## SECTION 3-5 Theoretical Frameworks

STICKIDS is built around the attempt to incorporate 3 theoretical frameworks:



### 3-7 Getting Started with SticKids: Games and Activities

- Having the computer at the initial therapy planning session is not always possible, so you might consider taking a binder with samples of the planners and printed sheets of all the pictures. You can create these sheets by going to **Magic Flip 'n Pick Planner**. Do a run of each folder with all the pictures of each folder on different sheet. Then place all sheets and planners in transparencies in a binder. You can also go to **Theoretical Help** of each planner and print it out and place them in you binder beside each planner. You will have the needed materials with you to make picks with all involved. I use an erasable maker to mark the choices, then create the planner once back at my computer.
- Consider starting with one child's **Summary Planner** and pick 36 activity pictures; ones that everyone likes including the child (some that will work in tight spaces, some for small group time and some for times that are more active). Remember pick 6 activities per folder from each of 6 folders. If this seems like too much, start with a **Weekly Planner** with 2 items from 6 folders for a total of 12 activities to work on (create slightly different planners for school and for home).
- Next make up a **Key Ring Planner** sheet using the same pictures as selected for your **Summary or Weekly Planners**. Introduce 2 pictures at a time to learn and ease into use (school or home).
- How to make STICKIDS fun by using the **Key Ring** activity cards?
  - Play a **Pick 'n Flip** floor game with 2 cards from each folder. ( using "your turn, my turn" format)
  - Try **Magic Pick** card game with a fuzzy cloth bag to pick a new activity.
  - Try a mini **Job Jar** where picks of the day are put in a job jar; then removed and counted for points...
- Print a series of (full page **Floor 'n Wall Cards** for classrooms or bedroom!)
- For everyday use, try using the **Treasure Chest Planner** to build in sensory motor, sensory diet and self-regulation before and during challenging events or transitions (speech therapy, homework, morning routines, etc.) This can be done in less than 5 minutes! Start with a Motion, then a Heavy Work, then a Pressure 'n Touch, then Suck, Chew 'n Breath, then pick the Table Time picture or Doing It picture from Routine 'n Planning to represent the goal you really want to work on! End with a Retreat and or personal choice activity or reward as represented by the Treasure Chest picture at the end! Laminate this **Treasure Chest Planner** and use frequently. Start using the colored pictures on the **Treasure Chest Planner** then replace or exchange for equivalent colored pictures on the Key Ring!



### 3-8 Some Guiding Principles of STICKIDS:

1. **Wellness / Universal Principle of Sensory Diet:**
  - Everyone needs and has a sensory diet; some are just more effective and healthy than others! It often helps if several family members make up a Weekly Planner.
2. **A Balanced Diet Principle:**
  - **The Concept:** One needs variety from all folders, and numerous times a day.
  - **Sensory Style:** Realize everyone's needs are different. Some need very little, others need a lot and in different ways such as:
    - **a main meal** - like a half an hour of intense activity and effort; or
    - **grazing** - a little bit of event or activity all day long; or
    - **a combination** - of the two above
  - **Differed need? Do it later!** People often think they can put off their sensory diet until later, but for the sensory sensitive they CANNOT WAIT until later they NEED IT NOW!
3. **Sensory Group Avoidance:** At times, a person may overuse a "sensory group" and avoid another. Let's try to be well rounded. But don't push a sensitive group too fast!
4. **Behaviors and Personality Factor:** Start to consider the neurological, sensory and motor self-regulation of behavior as it layers into "personality". One may make choices of activities not because one likes them, but because our nervous system needs them
5. **Sensory Statements** (*not behavior and not personality*): Everyone needs to be detectives and consider that in part a child's behavior and general personality features may be a "sensory statement". All can assist the child to enhance his / her sensory diet so that eventually the less preferred behavior may start to fade.
6. **Build Positive Sensory Stabilizers:** Everyone uses activities from the various folders to "stabilize" or regulate throughout the day. Ideally, do not take away a negative stabilizer unless replaced with another more positive one. It is everyone's job to enhance a child's exposure and increase involvement of all needed stabilizers.
7. **Foster creativity, trust and cooperative planning:** Listen to the child's preferences; gently encourage but not in a forced manner. Promote the child's creativity and adapted response to drive their choices and approaches to the activity. It is not a prescribed exercise regime.
8. **Self-Regulation takes time and gradual development of "Self":** It is the belief within sensory processing theory that self- regulation / sensory diet can influence behavior. The eventual goal should be to allow the child to gain self-regulation and control in order to stabilize their own nervous systems. This does not happen quickly but over years. Adult facilitation is essential; but not control. Always involve the child, pre warn, and build in choice.
9. **Do not drop the diet!** Just because you cannot see it, does not mean it is not there. Often when things are going really well everyone will start to drop the STICKID diet and put more challenges on a child. Behavior may then start to present at school or home. Back up, make sure the skill expectations are "just right"/ not too challenging; and reinvest in the sensory diet again. The continued investment will be worth it.



## SECTION 3-9 Computer Requirements and Technical Details

### Computer and Technical Details:

- Licensed for:
  - Single user to install to several sites/ original disc must be in to run
  - Multiple users allow 1 install to single standalone computer with single data base/ customization share by all users. Original disc must be into run.
- Designed for PCs with English Windows XP, Windows Vista, or Windows 7 (due to ongoing Windows updates may require technical support during loading process)
- Not officially supported for Macs OSX - but by report "Mac user have been able to use SticKids if they have 'parallels' (a program that is like having a DOS/PC based computer embedded under the Mac) plus then Windows installed".
- Requirements: Pentium III or greater, 256 MB Ram, CD-ROM or DVD-ROM Drive, 200MB Disk Space, English Windows 98/ME/XP/Vista 32 bit (update support for Vista 64 bit and Windows 7 available), 100 MB disc space for program files, 100 MB to print and VGA 800x600. Color printer advised.
- For install and tech support contact [infotech@stickkids.com](mailto:infotech@stickkids.com)
- Supplemental fee required to support virtual loads on e notebooks and clinical sites where disc load while running is not feasible.
- Not designed for network or server delivery.
- Discounts for volume orders available.
- Contact [stickkids@stickkids.com](mailto:stickkids@stickkids.com) for any queries.

### Acknowledgments & References:

**Ayres, Jean** PHD OTR; for her ground breaking initiatives of the 60's in identifying Sensory Integration - her foundation book Sensory Integration and the Child that planted seeds in my thoughts in the early 70's

**Dunn, Winifred** PhD OTR; for her development of The Sensory Profile and persistence to research in field of sensory modulation

**Henry, Diana A.** MS, OTR/L for her ongoing personal support and her caring practical approach to reach out to all with her workshops, booklets and videos Tools for Parents; Tool Chest for Teachers, Parents and Students ; Tools for Teens; [www.ateachabout.com](http://www.ateachabout.com)

**Kranowitz, Carol Stock** - teacher and author of The Out of Sync Child, - for her ability to bring Sensory Integration to the non medical world

**Madill, Helen** PHD BOT- my pediatric professor and mentor in the early 70's as she worked with Dr. Ayres in developing the Southern California Sensory Integration Test

**Mandich, Angie** PhD OTR; **Polatajko** PhD OTR Enabling Occupation in Children : a Cognitive Approach; CO-OP - cognitive motor learning strategies and top down perspective to support coordination disorder

**Miller, Lucy** PhD OTR; for: her work and research related to sensory modulation; assessment test kits; and for development of the KID Foundation

**Smith Roley, Susanne** MS OTR/L; Director of Pediatric Network CA and instructor with SIPT WPS - of her early and ongoing support during by my SIPT certification; in seeing that my simple



cut and paste stick kid planners had something special to offer therapists, schools, parents and children

**Knickerbocker, Barbra** OTR for her book Holistic Approach to the Development of Learning Disabilities

**Western Psychological Services (WPS)** - SIPT certification program - for supplying their in-depth neurological & assessment training for therapists; and their early belief in STICKIDS

**Wilbarger, Patricia, M.Ed** OTR; for her inspiring workshop(s), development of the Sensory Diet and contributions to related theories of Tactile Defensiveness and Modulation

**Williams, Mary Sue** OTR/L and **Shellenberger, Sherry** OTR/L. The Alert Program - How Does My Engine Run? 1994; a foundation practical guidelines to self regulation

**Yack, Ellen** M.Ed, BScOT; **Sutton, Shirley** BScOT; & **Aquilla, Paula** BScOT; for their exceptional Canadian book Building Bridges through Sensory Integration

### Dedication

To the children and families who have helped me understand more clearly their abilities and needs; and for the chance to keep playing throughout my life!

To my family, Gord, Jen and Megan; for their tolerance of my seeing everything in a "sensory perspective", both my life and theirs; and their constant support and encouragement in helping me bring STICKIDS to children and their families.

### Appreciation

To those involved directly in the day to day development of STICKIDS, for without their ongoing guidance, patience, personal gifts and abilities my original stick kid pictures would yet be cut and paste supports for only a few children.

Megan Lehn Gord Lehn Howard Coneybeare & Teak Sato Jim Bowen Diana Henry & Susanne Smith Roley Pediatric Therapy Network PTN Occupational Therapy Associates OTA Waterton Richard Furbush, Abilities Society	Production, Editing and International Business Development Business Development and Distribution Graphic Design and STICKIDS Illustrations Technical Computer Editing / Testing Mentors and now friends in my profession who gave me that "just right" encouragement and support Beta testers who put time and kind support towards STICKIDS' development.
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Helpful links and web sites of interest:

[www.aota.org](http://www.aota.org) (The American Occupational Therapy Association)

[www.ateachabout.com](http://www.ateachabout.com) (Diana Henry MS OTR/L workshops and materials)

[www.out-of-sync-child.com](http://www.out-of-sync-child.com) (Carol Kranowitz, author of Out-of-Sync Child)

[www.pediatrictherapynetwork.org](http://www.pediatrictherapynetwork.org) (Susanne Smith Roley and others' at their clinic in Torrance CA)

[www.otawatertown.com](http://www.otawatertown.com) (Jane Koomar's clinic and information in MA)

[www.sensoryresources.com](http://www.sensoryresources.com) (David Brown's resource catalogue and workshop series)

[www.sinetwork.org](http://www.sinetwork.org) (Dr. Lucy Jane Miller's DSI connection and Resource Directory)

[www.southpawenterprises.com](http://www.southpawenterprises.com) (Andrew Roussey's catalogue for clinic and home - materials and equipment)

[www.integrationscatalog.com](http://www.integrationscatalog.com) (a catalogue for therapist, school and home with great sensory materials and equipment)

[www.spdnetwork.org/aboutspd/parents.html](http://www.spdnetwork.org/aboutspd/parents.html) (The Sensory Processing Network links parents, teachers and health professional; sponsored by KIDFoundation.org)

[www.wpspublish.com](http://www.wpspublish.com) (Western Psychology Corporation and their SIPT Certification Program)

