

Sensory Sipper

with Activities & Games by Kathleen V. Flatley, MS, OTR

Introduction

Congratulations on your purchase of the Sensory Sipper! This unique water bottle has been specially designed to help promote self-regulation and sensory integration. Benefits of use include improved focus/concentration, learning readiness and task performance as well as stress reduction. In addition to providing oral-motor input to help promote organization of the sensory system, the bottle is equipped with a keychain fidget and flexible tactile bands which are used interactively to provide organizing sensory input to the user. Additionally, using the bottle is fun and motivating for children (and adults) of all abilities. The sucking action of the straw is very organizing to the sensory system as is the tactile input provided by the fidgets. Sipping water throughout the day is important as a hydrated system learns more readily. Thinking and remembering are easier when your body has all the water it needs. While any water bottle may provide simple hydration, the addition of the fidget and flexible tactile bands combined with the oral motor input from the straw, puts the Sensory Sipper in a class of its own! Here's how to make the Sensory Sipper part of a good sensory diet:



Product Use

Before using the Sensory Sipper for the first time it will be necessary to slide each of the flexible tactile bands around the bottle as shown in the photo above. Additionally the key chain fidget will need to be attached to the bottle by sliding the metal key ring through the attachment loop. The attachment loop must be placed around the mouth of the bottle before the bottle top is screwed on (please see photo).

Once filled with water, basic usage of the Sensory Sipper involves using a finger to press down on the button to pop the top open and sipping water as needed throughout the day. The following is a list of ways to use the bottle to provide sensory input. For most activities listed, one hand will stabilize the bottle while the other manipulates. Each activity can be done alone or while sipping water through the straw:

Squeeze the fidget toy using either whole hand or pinch fidget between fingers.

Use fingers to gently pull on the smooth, wiggly strands emanating from the flexible tactile bands. Can move from one strand to the next.

Slide the flexible tactile bands up and down the bottle or move them around the bottle in a circular pattern.

Take turns sliding each finger in between the flexible tactile band and the bottle and gently pulling outward to provide organizing proprioceptive input or to warm up fingers for fine motor tasks. Make sure to do both hands!

Place one hand on either side of the bottle over the flexible tactile bands and roll bottle back and forth gently.

Discretely bite down on the straw to receive organizing tactile and proprioceptive input if stronger input than that provided by sucking through straw is required.

The virtually spill proof bottle can easily be transported inside a backpack or clipped to the outside by attaching it with a carabineer through the fidget attachment loop.

While the colorful flexible tactile bands and fidget provide engaging visual input, students should be advised that they will be expected by teachers to make appropriate eye contact at regular intervals rather than visually focusing on the bottle throughout an entire lesson. While it may be possible for children to be paying attention while visually focusing on the bottle, teachers generally do not appreciate it when students don't look at them while they are speaking. It may be a good idea to explain to a teacher the reasons why the Sensory Sipper is being used with a particular child and also to explain that a child can in fact attend without maintaining constant eye contact.

Modifications:

The Sensory Sipper can be used as part of a fine motor skills development program. Providing a child with the bottle to use throughout the day provides multiple opportunities for the child to press the button to pop the top open affording finger strengthening practice as well as practice with bimanual activities as one hand holds and stabilizes the bottle while the other pops opens the top or manipulates the fidgets. Additionally, squeezing the fidget toy throughout the day can help to strengthen hands. Placing a finger inside a flexible tactile band and gently pulling outward will provide resistance and strengthening to fingers. Pulling gently on each wiggly strand using the thumb and forefingers helps to refine tripod grasp used for handwriting.

It can also be an integral part of an oral motor skills development program. Utilizing the straw for drinking throughout the day provides multiple opportunities to practice lip closure, sucking, swallowing and overall development of muscles used in speech production. Additionally, utilizing a fidget can aid in language production and discreetly touching the keychain fidget can improve a child's ability to read out loud or speak in front of the class. Thick, tart, or fizzy liquids can be used to provide additional oral motor input.

The Sensory Sipper can simply be enjoyed as a fun water bottle for all children. For example, an entire class would enjoy having Sensory Sippers to drink from while the students who truly need the input would receive the desired benefits without being singled out as having to use a special piece of equipment. When one child in the class is using the Sensory Sipper be prepared for other children to become very interested in it! In addition to use at school, the Sensory Sipper is perfect for use at sporting events or camp as well. It can even be used by adults to help maintain focus at meetings or other activities.

Care & Safety

The polycarbonate bottle can be washed in the dishwasher away from the heating element or by hand in warm soapy water. For best results, the bottle top should be removed and washed separately either in or out of the dishwasher. The straw can be removed for cleaning and sanitizing. It can be placed in the dishwasher in a silverware basket or hand washed. Please note that the loop and keychain fidget, as well as the flexible tactile bands, should be removed from the bottle prior to placement in the dishwasher. They can be washed by hand with warm soapy water as needed.

It is preferable to store the bottle empty. If other liquids besides water are left in the bottle for extended periods of time an odor may develop. To remove odor in bottle, soak bottle in warm water with lemon or baking soda.

This product is recommended for children ages 5 and up. It should be used with children ages 3-4 only with direct adult supervision to prevent damage to the product. Although it is non-toxic and latex free, the keychain fidget is not meant to be mouthed or chewed and can puncture if bitten. Do not allow children to pull on keychain fidget or it may break off and become permanently detached from keychain. Extra fidgets are available for purchase. This product is not recommended for children under 3 years old as the bottle attachments could potentially pose a choking hazard. Adults may also enjoy using the bottle.

Recommended Products

For additional chewing/self regulation items you may also like our Chewlery (1-031180, 1-03159, 1-03461, 1-03463, 1-03465, 1-03467, 1-03469, 1-03177, 1-03178, 1-09717, 1-09722) or ChewEase (1-02105, 1-04830) lines of products.

For users who may need a wheelchair or bed mounted water bottle you may like our Drink-Aide (1-02406).

Other attachable fidgets you may like are the Tangle Jr. Keychain (1-04103) and the Twiddle Stix Keychains (1-05165).

More fidgets to pull, touch and tug, TenticleTug Touchers (1-92721).



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