

Pizza Massage

This is a great fun way to give your child some deep pressure, proprioceptive input. You can use it last thing at night, or in the morning to help your child ease into the day. This is for fun, make up your own 'toppings' to suit yourselves.

1 Kneading - with knuckles



2 Tomato puree – smooth over with flat hands



3 Now choose your toppings! My favourites are



chopped peppers – chopping motion sides of hands



pepperoni – slapping on with two fingers



grated cheese – sprinkling on with finger tips

(This bit can take as long as you like!)

4 Time to bake – 'push' your child into the oven all down one side of the body

5 Toppings melting – smooth all over the body with flat hands



6 Out of the oven – 'pull' your child out all along the other side of the body

7 Time to eat!