

My name is Els Rengenhart and I am an occupational therapist. I have worked and gained experience with children with sensory processing disorder for about forty years.

Treatment of children and occasionally of adults consisted mainly of sessions with simple games or activities. Now that I have stopped treating patients I hope to add a positive contribution to daily life for children with sensory processing disorder by giving advice, and describing games and activities.



Inspired by the parents of my sensory kids I developed a website with the 30 most easy and effective games. I discovered that simple activities with a lot of vestibular, tactile and vestibular input done on a daily regular base, can improve the sensory processing dramatic. The most important point is that the child has to use the sensory input. A child uses the sensory input as he likes the activity and wants to go on with it. My courses in The Netherlands are called sensormotor integration, because the motor component facilitates the use of the sensory input. It seems important that the proprioceptive information is switched on. To switch on the proprioceptive system I use mainly tactile and vestibular stimulation. I discovered that in the case of vestibular or tactile under or over responses the proprioceptive system was not adequate switched on. This is only a very short impression of my ideas.

I hope that the advice, activities and games will contribute to having more fun for you together with your child and that you enjoy life more together.

At this moment I give courses on sensory processing for professionals, mainly occupational therapists and physiotherapists, and I work as a consultant.

Part of my experience was gained as an occupational therapist in several children's rehabilitation centres and besides that I have worked as an occupational therapist in my own private practice. As a teacher I have been allied to several NDT (Neuro Developmental Treatment, Bobath) courses for a long time.

I am married to Bart de Vries, I have two adult sons and one grandson.

My website is [www.sensoryprocessing.info](http://www.sensoryprocessing.info).