

Collaborating With Your Player



Play

Play is the most basic,
most important part of childhood/adolescence.

You are the player's helper, buddy, and friend.

You are entering into their world,
please do not expect them to enter into yours.



Aspire

Therapy & Development Services

PROMOTE INDEPENDENCE!

Always allow the player as much freedom as possible to play their own game!

**Ask the player what position they want to play in outfield.
Get to know your player.**

Refer to “levels of assistance” on next page.



Aspire

Therapy & Development Services

Levels of Assistance

All players are different. The level of help players will need vary:

Supervision	Player can bat and catch independently, they may just need someone there “just in case.” You can always ask what kind of help they want, if any. Give players the power of autonomy!
Gestural prompts	Point to the ball that is coming, point to the direction they need to run
Model	Show them how to do it first then have them try, have them follow you as you run to each base
Verbal prompts	Players may need reminders about what to do or when it is their turn... “the ball is coming your way, you could go get it!” It is important to give them time to process your verbal prompt! When you give a direction or ask a question, allow time for your player to hear what you said, process it, and respond. Give at least 60 seconds!
Partial physical assist	Lightly guide them through the motions of hitting or throwing



Aspire

Therapy & Development Services

Other Ways of Assistance

- List of Rules (written or visuals)
 - What to do in outfield, infield, and dugout
 - Your player can use this to refer back to what is expected
- Create Visual Schedules



Aspire

Therapy & Development Services



**KEEP
CALM
AND
BE
PATIENT**

Understanding Sensory Differences

Each and every person processes and responds to sensory stimulation in their own unique way.

Some people have a very big bucket to fill with sensory stimulation. Their brain is happy and fulfilled when there is lots of information to help them understand what is going on around them.

Other people have a small sensory bucket to fill. Their brain only requires a little stimulation to feel alert and alive and aware of what is happening around them.



Aspire

Therapy & Development Services

Sensory Sensitivity

People who are "sensory sensitive" have a small sensory bucket to fill. It is easy for their bucket to overflow, which can be very upsetting. Imagine...Sensory information spilling everywhere and their brain just doesn't know what to do with it, so they fight, freeze or flee. This can look like aggression, distractibility, and avoidance. Sports, such as baseball can be super overwhelming for sensory sensitive kids. Think about all of the sights, sounds, smells, touch, and movement experiences that fill your sensory bucket during a baseball game. There are new uniforms, hats and helmets, unanticipated balls flying, unpredictable and/or fast movements, multiple people talking and other noises, lots of people around, and bright lights or colors. We can help our players find ways to limit the sensory input with environmental adaptations.

Decrease as much sensory stimulation as possible.

- Avoid pats on the back. Let the player see and anticipate any touch (i.e. high five).
- Suggest putting on sunglasses
- Plugging ears or wearing headphones
- Taking a drink of water from a straw (can be calming)
- Make input more predictable by talking about what we think is going to happen next



Aspire

Therapy & Development Services

Sensory Seeker

People who are "sensory seekers" have a big sensory bucket to fill. They look for more sensory stimulation to fill their bucket. This can look like hyperactive, in your space or in your face, make loud noises, touch people or objects often, distracted, be clumsy, be a little too loud, or seem to have "behavior issues." We can help our players find functional ways to get the sensory input they need in an organized manner Because much time is spent waiting or in a stationary position in baseball...

- Provide players the opportunity for structured movement and/or goal directed tasks when waiting
 - Jumping jacks, animal walks to a certain point and back X amt of times
 - Play catch back and forth
- Allow and respect time for breaks
- Eat crunchy snack or encourage getting drink of water
- Provide them with heavy work opportunities
 - have them carry the bag of balls or gather the balls
 - animal walk out to the field
- Use timers to help them stay on track



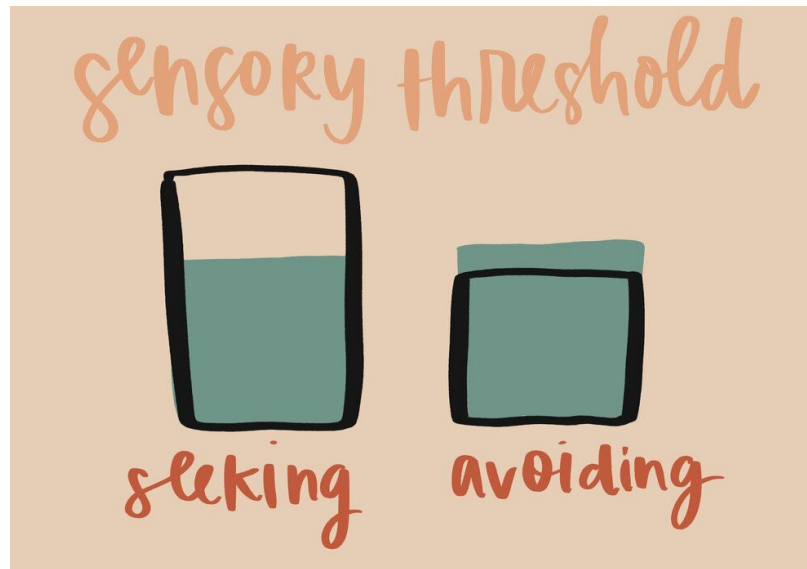
Aspire

Therapy & Development Services

Some people may show a combination of both of these sensory reactions. That's because their responses can change based on their level of arousal or how well they are able to self regulate.

When in doubt, always ask the player what their preferences are.

If a player has a difficult time communicating their preferences, observe their reactions, refer back to this info, ask their caregiver.



Other tips

- If a player is not feeling like participating, don't force or bribe them to! Acknowledge their feelings and talk through it with them. Figure out the WHY. (i.e. "this seems like it is a little tricky for you...") Sometimes, it might take players a couple of times to warm up to the idea of playing. Be patient!!
- Narrate what you are observing the player do, never assume (i.e. I see that your body is moving really fast and it looks like you need a movement break...or "I wonder if you are upset, let's figure this out together,")



Aspire

Therapy & Development Services

Tips continued...

- Match their energy level then slowly help them bring it up or down accordingly
- Always honor a request for a break
- Come prepared with a smile and great attitude!
- Provide positive reinforcements
- **Meet your player where they are at!**
- Have fun!



Aspire

Therapy & Development Services

Levels of Assistance

All players are different. The level of help players will need vary:

Supervision	Player can bat and catch independently, they may just need someone there “just in case.” You can always ask what kind of help they want, if any. Give players the power of autonomy!
Gestural prompts	Point to the ball that is coming, point to the direction they need to run
Model	Show them how to do it first then have them try, have them follow you as you run to each base
Verbal prompts	Players may need reminders about what to do or when it is their turn... “the ball is coming your way, you could go get it!” It is important to give them time to process your verbal prompt! When you give a direction or ask a question, allow time for your player to hear what you said, process it, and respond. Give at least 60 seconds!
Partial physical assist	Lightly guide them through the motions of hitting or throwing



Aspire

Therapy & Development Services

All kids, regardless of their abilities, deserve to play.

Thank you for making this happen!



Aspire

Therapy & Development Services

Please call or email with any questions:

Megan Alber

megan.alber@aspirewisconsin.com

608-556-6120 x 734



Aspire

Therapy & Development Services

Aspire Core Values and Mission

Aspire is proud to be a contributing sponsor of the Miracle League of Dane County because it closely aligns with our mission and Core Values. As members of the Aspire team, we are committed to serving our community by living out our core values. In fact one of our core values is to have fun!

Aspire's mission is to serve our clients and their families by meeting them "where they are" in all aspects of their lives. We do this by tailoring our services to the unique needs of each child and providing services in a variety of settings including our two clinics, private schools, daycares and homes.



Aspire

Therapy & Development Services