

Igniting the Senses from Within

Snoezelen Therapy

Fibre optic lights and bubble tubes create a sensory enriched space in our Snoezelen room

GET THE FACTS!

Benefits of multi-sensory Snoezelen Therapy include:

- Improving physical health, mood, and attention while providing stimulation and relaxation through the use of color, light, touch, sound and smell.
- Enhancing a child's sensory experiences.
- Engaging children in their environment.
- Reducing agitation, depression, and apathy helps strengthen a child's abilities.
- Promotes choice and a sense of empowerment when children are able to select the sensory experiences they want to engage with.
- Encourages fine and gross motor skills as children touch, feel and interact with the various pieces of equipment.

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"On a recent shift, one of our children had to stay in her bed for medical reasons - so we brought her friends to her in her bedroom and wheeled in the portable Snoezelen equipment for a sensory dance girl party in her room! It was good times and was one example of how we can accommodate the needs of the children to ensure they have an incredible stay!"

- Karen Fetter, Personal Support Worker, The Darling Home for Kids

CALLUM'S STORY

Five years ago, The Darling Home for Kids became a part of Callum's life when he began participating in the respite program. From the moment he arrives at the Home, Callum is drawn to the Snoezelen room. The fibre optic lights, bubble tubes, projections on the wall, the swing, and the mega pod are all exciting sensory experiences, and the gentle movements, lights, sounds, and colours provide a relaxing oasis that evokes a sense of peace for him.

The Darling Home for Kids is the first place that Callum was able to experience the magic of this specialized therapy, and for him, Snoezelen Therapy is a big part of why he loves it at the Home. By nature Callum is a very happy young man, whose senses ignite in the Snoezelen room, which results in joyous smiles and shrills of laughter that are simply contagious.

In **Snoezelen Therapy**, multi-sensory environments are created using visual, auditory, tactile, and aromatherapy stimulation. The therapeutic space can elicit calmness, an overall feeling of well-being, and a sense of security. In an experience completely directed by the child and their preferences, this "failure-free" therapy allows children to engage with the equipment regardless of their mobility, cognitive functioning or sensory abilities. For children who are visually impaired, this sensory-rich space offers bright and engaging colours as well as stimulation for their other, often heightened, senses.

At **The Darling Home for Kids**, the Snoezelen room provides an enjoyable, multi-sensory environment for our children, with stimuli including bubble tubes with fish dancing in the water, fibre optic light strands that change colours, an interactive star carpet, projectors, and a specialized chair designed to create the feeling that a child is floating on a leaf. While engaging in Snoezelen, children become fascinated and mesmerized by this magical space which entices them to reach out, explore, and interact with the various pieces of equipment.

Multi-sensory equipment extends beyond the four walls of our Snoezelen room and into our hydrotherapy pool room, with bubble tubes, water walls, fibre optic lights strands cascading into the pool, and images of fish projected onto the ceiling. A portable Snoezelen cart allows us to bring the Snoezelen experience into any room in the Home, including therapy at the bedside. No matter how Snoezelen equipment is used, it truly does ignite the senses from within!

Snoezelen can serve as an invaluable interpersonal and relationship building platform for families and children as well as staff and clients. This therapy is used to help integrate new children with anxiety into our program for the first time, it can be a soothing bedtime routine to settle children for sleep, or it can be a lively, dynamic and playful space.

To learn more please visit us at
www.darlinghomeforkids.ca



Callum experiences the magic of Snoezelen



Cerys touches the fibre optic light strands