

References for Conference Call

Alert Program® & Car and Bus Rides

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The following resources are listed in the order (approximate) that they were mentioned in the Conference Call. Please note that some of the resources are no longer available. As the internet continues to evolve, we cannot control access to the web pages or blog posts of others. We hope that if a specific resource is unavailable, you'll be able to find something similar using the unavailable titles as keywords in an internet search.

- Jocelyn Taylor (SLP and Autism Specialist) created a free booklet for transportation personnel – no longer available
- [Take Five: Staying Alert at Home and at School](#) (includes activities to support the five ways to change how alert one feels Mouth, Move, Touch, Look, and Listen)
- Are we there yet? Traveling with Sensory-Sensitive Kids – no longer available
- Strategies for running errands, public outings, family gatherings or special holidays with strategies for car rides – no longer available
- [“Alert Program® Literature and Research”](#) document on our website listing research including:
 - Brown, R.P., Gerbarg, P.L. (2005). Breathing in the treatment of stress, anxiety, and depression: Part I---Neurophysiologic model. *Journal of Alternative and Complementary Medicine*, 11(1), 189-201.
 - Comment: (Emphasis on “MOUTH”/breathing strategies). A model that focuses on yogic breathing as a unique method for balancing the autonomic nervous system and influencing psychological and stress-related disorders is presented. Neurological mechanisms contributing to the state of calm alertness are described.
 - Brown, R.P., Gerbarg, P.L. (2005). Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: Part II--- Clinical applications and guidelines. *Journal of Alternative and Complementary Medicine*, 11(4), 711-717.
 - Comment: (Emphasis on “MOUTH”/breathing strategies). This study provides evidence to consider Sudarshan Kriya Yoga breathing as a potentially low-risk adjunct treatment. The power of yoga techniques in enhancing well-being, mood, attention, mental focus and stress tolerance is presented. The feasibility of integrating yoga breath techniques into school curricula is explored.
- PDPpro.com wide variety of whistles including rainbow corn cob pipe and other quiet whistles – no longer available
- [“Activity Sticks”](#) (these were created for classrooms but tongue depressors can be used to list activities children can choose on car):
- [Get on the Bus... Sensory Strategies for the Ride to School](#)
- [Blissful Car Rides with Children](#)
- Coloring pages to print for free – no longer available

- [Games and activities for car rides](#)
- Over the seat organizers for car rides – no longer available
- Sensory strategies and ideas for ride to school – no longer available

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Common Sense Disclaimer

As responsible adults, we must use common sense when supporting others.

If you are unsure of something that has been mentioned here, have questions, or just don't have a good feeling about trying something, trust your judgment and don't do it! I encourage you to seek help from a trained professional (often an OT in your area) or you can purchase consultation time with us here at TWI. You deserve support!

To learn more about additional distance learning options, research, articles or Alert Program® books, games, and songs go to:

www.AlertProgram.com