

References for Conference Call

Alert Program® and Morning Routines

Sherry Shellenberger, OTR/L and Carla Cay Williams, OT/L

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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.

- [Healthy Sleep Habits, Happy Child](#) by Marc Weisbluth (chart about hours of sleep per night needed)
- Tips for Morning Routines – no longer available
- [Morning Routine Chart/Schedule](#)
- Lack of Sleep and ADHD – no longer available
- [M.O.R.E. Integrating the Mouth with Sensory and Postural Functions Book](#) by Patricia Oetter, Eileen Richter, Sheila Frick
- [Test Drive: Introducing the Alert Program® through Song](#)
- [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)
- [“How Does Your Engine Run?®” A Leader’s Guide to the Alert Program® for Self-Regulation](#) (Appendix pg A-48, 49, 50 What Works? What Bothers Me?)
- [Senseabilities Understanding Sensory Integration](#) by Maryann Colby Trott
- [Oh Behave! Sensory Processing and Behavioral Challenges](#) by Maryann Trott

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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