

## **Soundsory® – Information Sheet**

### **Supporting Sensory Processing, Motor Skills, Attention & Regulation**

At Children's Therapy Services, we use a range of evidence-informed, functional neurology approaches to support children's neurological, sensory, emotional, and developmental needs. Soundsory® is one of these tools, offering a structured multi-sensory program that supports brain development through music and movement.

#### **What Is Soundsory®?**

Soundsory® is a multi-sensory listening and movement program designed to stimulate the brain using rhythmically processed music combined with movement exercises. The program typically runs over 40 days, with daily sessions of approximately 30 minutes.

Using specially designed headphones and dynamic sound filtering, Soundsory® stimulates both the hearing and balance systems. This supports the brain to process sensory information more efficiently and improve coordination, timing, and regulation.

It is designed to:

- Support sensory processing and integration
- Improve motor coordination and balance
- Enhance attention, timing, and sequencing
- Strengthen body awareness and posture
- Support emotional regulation and engagement

#### **Why We Use Soundsory® in Our Clinic**

Children who experience challenges with sensory processing, coordination, or attention may have difficulty integrating information from their environment.

Soundsory® uses a 'bottom-up' approach to support the foundational systems that underpin learning, behaviour, and participation.

*Soundsory® may be used to support:*

- Improved attention and engagement
- Better balance and coordination
- Reduced sensory sensitivities
- Enhanced motor planning and timing
- Increased participation in learning and play

## Understanding How Soundsory® Supports Therapy

### *Sensory & Auditory Processing*

- Stimulates the auditory and vestibular systems
- Improves processing of sound and sensory input
- Supports integration of multiple sensory systems

### *Motor Skills & Coordination*

- Supports balance, posture, and coordination
- Enhances body awareness and movement control
- Improves motor planning and sequencing

### *Rhythm, Timing & Attention*

- Enhances timing and neural synchronisation
- Supports sustained attention and focus
- Improves organisation of movement and behaviour

## **How Soundsory® Is Used**

Soundsory® is typically delivered as a home-based or therapist-supported program. It involves daily listening sessions combined with simple movement activities.

*A typical program may include:*

- Initial assessment and goal setting
- Daily 30-minute listening sessions over 40 days
- Use of specialised headphones with filtered music
- Incorporation of movement and coordination exercises
- Monitoring progress and adjusting support as needed

## **What Are the Benefits?**

- ✓ Improved sensory processing and regulation
- ✓ Better balance, coordination, and motor skills
- ✓ Increased attention and engagement
- ✓ Enhanced learning readiness
- ✓ Greater confidence in movement and participation

## **Who May Benefit?**

Soundsory® may support children who experience:

- Sensory processing differences
- Attention and concentration difficulties
- Balance or coordination challenges
- Motor planning difficulties
- Developmental or learning delays

**Is Soundsory® Safe?**

Yes. Soundsory® is a non-invasive, safe program when used as directed. It is suitable for children (typically from age 3+) and can be completed at home or as part of a therapy program.

**Our Approach at Children's Therapy Services**

Soundsory® is integrated into a whole-child, individualised therapy plan which may include functional neurology, occupational therapy, sensory integration, and learning support. All interventions are aligned with meaningful, functional outcomes for each child.

You can also purchase your own device using our discount code:

Code: 3A9906227 (10% off)

Website: <https://shop.soundforlife.com/product/soundsory>