

## What makes our program unique?

**Teaching the tools “in the moment”:** We teach the different brain and body tools “in the moment” within the session so that your child experiences success using these tools in real time and in situations that simulate those they face daily when in school and at home.

### **Parent Participation:**

–**Phase 1:** parents sit in on each session as “**watchers**” to observe the therapist modeling the specific tools, language, and strategies used with their child.

–**Phase 2:** parents get to practice using these tools and language in the session as a “**player**” participant with their child and the therapist.

**Home/School Consults:** This ensures new skills and strategies used in the clinic setting generalize to the home and school environment.

Having a child that isn't able to “go with the flow” of life can be exhausting for a parent

**We can help figure out what factors are getting in the way of your child's functioning and provide you with effective parenting tools to help support your child in their journey!**



Contact Information  
(301) 933-5688  
10605 Concord St, Suite 101  
Kensington, MD 20895  
[www.teekozkids.com](http://www.teekozkids.com)

## Bottom –Up/ Top-Down Approach

*An innovative approach for helping young children with sensory processing, behavioral or attentional challenges to self regulate and “tune in” to others*



**TeeKoz Kids**  
*Pediatric Occupational  
Therapy*



Sami Cook, MOT, OTR/L  
Jenny Post Gorski, MS, OTR/L  
Teri Kozłowski, OTR/L  
Nancy Rudisill, MS, OTR/L



## Does this sound familiar?

### Does your child...

- ...Have a hard time handling changes in routines or unexpected situations?
- ...Become easily upset when things don't go "their way"?
- ...Often ignore or not tune-in to your questions or directions?
- ...Have a hard time shifting off of preferred activities (e.g. from toy play to dinner time)?
- ...Need directions/questions repeated often?
- ...Require lots of cajoling, distracting, or incentives to be willing to do daily tasks?
- ...Have difficulty sitting still?
- ...Become easily distracted?
- ...Frequently fall apart or have meltdowns over seemingly small inconveniences?
- ...Respond to challenges with avoidance, extreme reactions (hitting, kicking, yelling, screaming) or become "frozen" and unable to engage?
- ...Have difficulty engaging or cooperating with peers?

**We know it can be stressful to have a child who can become easily dysregulated and present with difficult behaviors. Our approach helps teach children and parents effective and practical "brain and body tools" that can be carried over into home-life and school.**

## FAQ's

### What is the Dynamic "Bottom Up and Top Down" Therapy Approach?

**Traditional** occupational therapy interventions mainly focus on providing "**bottom-up**" *input* (sensory *input*) through specific sensory-integrative activities to help a child to be more regulated with their body in order to be available for learning and skill development.

**However**, research indicates that regulation and attention can also be positively influenced by "**top-down**" *processes* (cognitive/behavioral *strategies*).

**We thought**, why not combine these two processes into a play based structure by embedding the "bottom up" and "top down" tools and strategies needed for self regulation as they *naturally* apply, so that the child makes greater, longer-lasting gains in their ability to stay calm, organized and "tuned-in" to others? **This is exactly what we have found.**

**This approach** also provides a model of practical tools that you and other caregivers (teachers, grandparents, etc) can adopt with your child as well.