

# What is TACPAC?

**Tacpac draws together touch and music to create a structured half hour of sensory communication between two people**

## The Benefits

- Tacpac music is composed specifically to reflect the texture of each object so that the receiver experiences total sensory alignment.
- Tacpac can be used by anyone.
- Tacpac builds communication skills.
- Tacpac enables progress to be measured and recorded.

Tacpac can be used in any setting – at home, in school, in hospital, in residential care or even outside. Each Tacpac activity has music which is specifically composed to reflect the texture of the object which goes with it. This means that your child experiences complete sensory alignment – what they see, is what they hear, is what they feel. Over time, this enables them to develop trust with you as their partner in communication. They can then begin to express themselves by showing what they feel or what they want.

Some of the objects used for Tacpac activities include: a washing up sponge, chopsticks, a pastry brush, a fan, a paint roller and marbles – to name a few. These are all objects which you may already have around your home. There is no need to buy any expensive equipment. The Tacpac app which you can download onto your phone or tablet means that you can play the music tracks easily without needing an internet connection or even a power source.

You can take your time to establish a safe, trusting and predictable environment, whereby you and your receiving partner can gently start to establish a sensory communication. Each set should last about 6 months. Do not rush! Stick to the beat! Each set is accompanied by our helpful videos showing you how to use the objects to do the activities and one for setting up your room.

CLICK ON THE LINK BELOW OR COPY IT IN YOUR SEARCH FOR A FULL INTRODUCTION TO HOW TACPAC CAN BENEFIT YOUR CHILD

<https://tacpac.co.uk/parents>

