



TACPAC

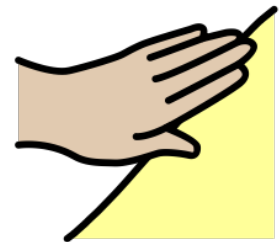
Tactile Approach to Communication
PAC

TACPAC stands for **Tactile Approach to Communication PAC**. It is a sensory communication resource that combines touch and music to build communication skills.

What is TACPAC?

TACPAC is a structured, **one-to-one** intervention. There are six sets of TACPAC, and each one uses different musical tracks and tactile movements to create sensory alignment.

Sensory Alignment means that **music** and **touch** combine to deliver one clear sensory message: What they see, is what they feel, is what they hear.



Who and Why?

TACPAC is suitable for pupils with a range of needs, and it can be delivered by anyone.

The combination of touch and music supports sensory processing, regulation, social connection, and trust building. TACPAC also helps to build early communication skills, like attention, turn-taking, and anticipation.



Where?



Choose a quiet, calm room with minimal distractions for your TACPAC sessions. Keep to the same room and same time of day to create predictability and consistency. You could use floor mats or cushions for comfort and a Do Not Disturb sign on the door.

When?

TACPAC is most effective when it becomes part of a predictable routine. Each session should be between 20 – 30 minutes long and take place two times per week. You should spend six months on a set before moving onto the next one.

What do you Need?

TACPAC uses everyday household objects, like dish sponges and flannels, in sets one to five. Most objects will already be in your kitchen or bathroom. Some you will need to create, like the sensory water bottle and some need to be purchased. Set six, also known as HANDYPAC, does not require any objects as you will use your hands.

You will also need a speaker to play each musical track. There are also baseline observations and record keeping forms that are to be reviewed at the end of the intervention.

