

## **Sensory Processing Skills**

Sensory processing is the body's ability to take in sensory information and organize the information to make sense. The sensory systems include: vision, auditory (hear), olfactory (smell), tactile (touch), tasting, vestibular (movement information/balance), and proprioceptive (where your body is in space).

Sensory Integration Dysfunction is when the central nervous system has difficulty in processing the information that it has received. The result is that the child can not respond to sensory information in order to behave in a meaningful and consistent way. There may be difficulty with planning and organizing what needs to be done.

Signs that a child may struggle with sensory processing may be a child who is over or under sensitive to different stimuli.

If the child is under sensitive (hyposensitive), they may seek out intense stimulation. This may be in the form of crashing, whirling, oblivious to pain or body position.

If the child is over sensitive (hypersensitive), they may withdraw from experiences unpleasant to them, such as bright lights, tags on clothes, certain textures of foods, loud noises (cafeteria), lots of movement (swings).

Some children who have difficulties with sensory integration may fluctuate between being under or over sensitive to different sensory experiences. Every child is different and may demonstrate various reactions on a day to day basis.