

SENSORY CONSIDERATIONS

✘ What is Sensory Integration?

- + Registration of a sensory event
- + Ability to determine quality and meaning of sensation
- + Interpreting and responding to sensation
- + On a continuum (we all have sensory needs)
- + Considered a problem when it impairs the ability to function

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Sensory Experiences

Touch: Bumped by another person

Brain-What does this info mean

Did it hurt? Why did it happen? (Hurt and not sure why it happened; additionally child interprets as a threat)

Reaction-In response to its interpretation

Yell and run from person

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- ✘ Children in a low state of arousal (high threshold for sensory stimuli) react less to sensory experiences. They may appear to not notice some sensations or may crave certain experiences.
- ✘ High arousal- sensitive or over-react to sensory information
- ✘ Children can be “high” arousal for interpretation of one sense and “low” arousal for interpretation of other senses.

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- ✘ Children may refuse self-care tasks due to sensory sensitivities to touch or smell
- ✘ Children may not be able to plan or process how to move their bodies to position clothing
- ✘ Children may not register that they are messy or that their clothes are twisted
- ✘ Children may have difficulty attending to multiple step directions

Home Activity	Sample Sensory Diet Activity	Sample Sensory Diet "Snacks"
Brushing Teeth	Deep pressure/massage Oral motor "chewy"	Music Sit on ball
Ready for School	Bounce on ball 3 minutes carry heavy backpack	Hand fidget for transition crunchy snack to alert
Time for Homework	"Heavy Work" chores	Water in sport bottle Gum, weighted lap pad
Cutting Nails	Jumping, then pulling	Soak nails, compress Sucker/chewy snack
Church	Sandwich massage Jumping jacks	Hand fidget, gum Weights in pockets
Time for Bed	Slow rocking "taco" or "sandwich"	Lavendar scents music

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✘ Resources:

- + <http://www.sensory-processing-disorder.com/>
- + www.spdfoundation.net
- + http://www.ateachabout.com/news/sensory_diet_applications_review.asp
- + <http://out-of-sync-child.com/>
- + <http://www.iidc.indiana.edu/index.php?pageId=357>
 - ✘ this has info about Autism, but also sensory processing