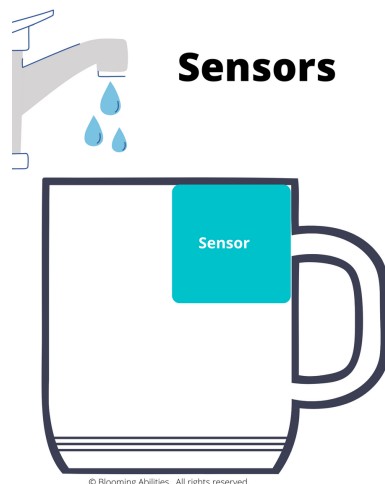


Each sensory processing pattern has strengths and challenges, and at times these patterns can support or interfere with things your child(ren) or you need to do or want to do.



## Strengths:

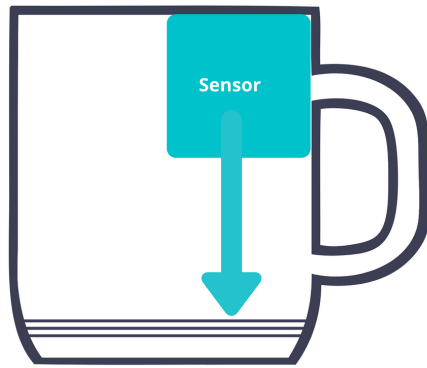
- Child detects more (notices more) input.
- May notice all changes to the environment, notice small lumps in mashed potatoes, may comment on specific sounds others do not hear or notice.
- Notices things before others (e.g. hears a dripping tap and can fix the problem)
- Notices details others do not notice.
- May notice changes in mood or emotions of others around them, and can be very empathetic when calm & organized.
- Notice more and is bothered more by things around them.

## Challenges:

- May be so distracted by sensory input that it interferes with participation or completing a task.
- Child is aware of everything around (e.g. sounds, smells, visuals), can be bothered (e.g. by tags).
- Will often react after the fact to overwhelming stimuli; reaction will be fast and more intense.
- May appear distractible or hyperactive, but likely bothered by things that others may not notice.
- Might become upset with others who interrupt them.
- May become upset when things do not go according to their plan or when interrupted
- May become paralyzed by wanting everything to be perfect.

NOTICE or ASK:  
What bothers them.  
What is calming and supportive.

# Tools to Try:



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- Incorporate more structured sensory input into daily routines, so child can continue to pay attention during activities for longer.
- Explore & use tools to calm and decrease stress... (deep pressure, yoga or breathing often work well!)
- Eliminate distractors and add supports (e.g. checklists).
- Calm, repetition, familiarity and consistency or important. (Routines)
- Develop an understanding of what input is potentially distracting and what inputs are organizing & calming.
- Have safe retreat options to re-group.
- Have LESS variability in the environment to help focus and participate longer and more calmly.
- Develop an understanding of what input is alerting and potentially distracting
- They can be loud to block out noises that bother them, if so explore noise cancelling headphones or music to block out the noises that bother them (or whisper phone or PVC piping to hold from mouth to ear)
- Notice which types of senses your child prefers
- Notices which types of input bothers or distracts your child – too loud? Too bright? Too fast? What is too much? (e.g. touch of tags)
- Sometimes a sensor can be appear more sensitive if worried or anxious - find calming activities that reduce stress (and decrease the flight, fright, freeze reaction)
- Tends to feel things very deeply - provide time & space to talk or draw about their feelings.

When the child is becoming over-stimulated or stressed (shutting down/flight, fright, freeze) try:

- Stop talking - show or use visuals instead
- Pause everything and focus on creating calming environment
- Support what child needs (e.g. allow to retreat if needed)
- Give plenty of space