

Sensory Processing





SENSORY INTEGRATION

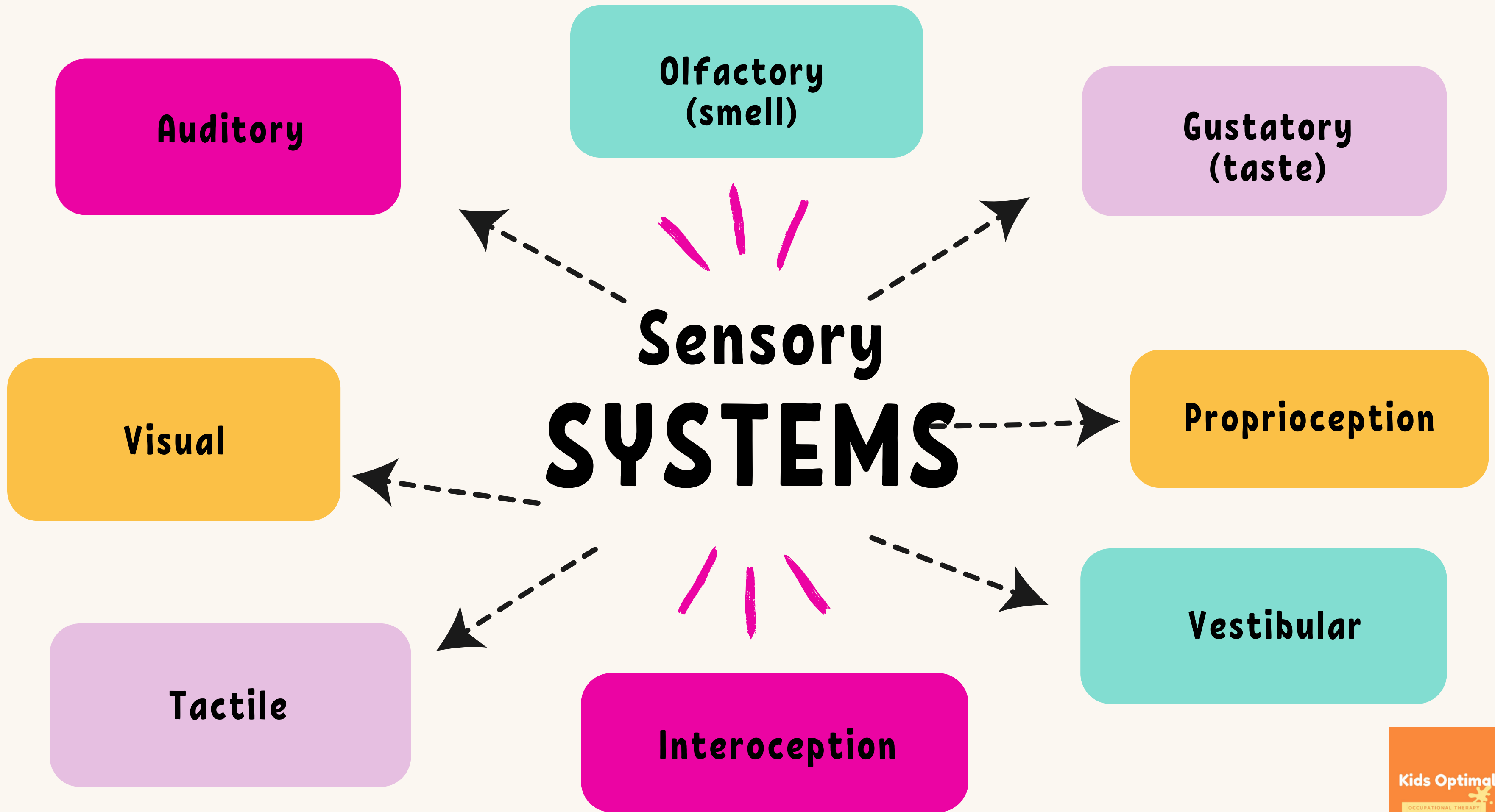
Through Sensory Processing the brain takes in all sensory input through our 8 sensory systems. Sensory information is received from the external environment and within our own bodies. The nervous system processes and interprets sensory input and decides what actions should be taken. Sensory Integration is the process in which our brains organise all of this sensory input.

Our brains organise sensory input and allow us to interact with our environment in a functional way.

Functional behaviour includes successful participation in daily activities such as work, self-care (washing, dressing, toileting etc.) as well as school routines and tasks.

SENSORY INTEGRATION DYSFUNCTION CAN IMPACT ALL AREAS OF EMOTIONAL, SOCIAL & LEARNING DEVELOPMENT

SENSORY PROCESSING CHALLENGES CAN ALSO IMPACT CHILDREN'S MOTOR FUNCTION, CREATING DIFFICULTIES MOVING THEIR BODY OR PLANNING A SERIES OF MOVEMENTS SO AS TO REACT FUNCTIONALLY TO THE DEMANDS OF THE ENVIRONMENT



SMELLING A NEW FOOD AS IT IS BROUGHT TO YOUR MOUTH. FEELING THE TASTE AND TEXTURE TO DETERMINE WHAT THE FOOD IS AND WHETHER YOU WANT MORE.

Examples of Everyday Sensory Integration

YOU MAY NOTICE THE LOW-LEVEL HUM OF A FAN FOR A FEW MINUTES AFTER YOU TURN IT ON BUT THEN GO THE REST OF THE DAY WITHOUT "HEARING" IT. THE AUDITORY SENSATION WAS PROCESSED, ORGANISED AND INTEGRATED.

Noticing the feel of our socks on the skin when we first put them on but then not noticing the sensation for the rest of the day. The sensation was processed and organised and the nervous system determined that it did not need to process it anymore. The tactile sensation was "integrated"

Processing the speed and distance of a car as we stand on the pavement and decide when to cross the road

Sensory modulation is the brain's regulation of its own activity. We make sense of the sensory information that we receive from the environment and our own body in order to learn and behave in appropriate ways. Significant struggles in sensory processing can impact a child's ability to participate and engage in daily activities successfully.



SENSORY MODULATION

The brain's ability to regulate and respond appropriately to sensory information and prevents us from over or under reacting.

Enables adaptive and successful responses to challenges in the environment and to remain at an appropriate level of arousal (calm and alert)

A child with a sensory modulation difficulties has a problem turning sensory messages into controlled behaviours that match the level and intensity of the sensory input. In other words over or under reacts.

A child who has difficulty grading their behaviour in response to sensory input can be observed to be both over and under reactive at different times.

SENSORY PROCESSING CHALLENGES CAN COME IN MANY DIFFERENT FORMS. WHETHER IT BE A DISLIKE OF WEARING CLOTHES, SENSITIVITY TO LOUD NOISES OR AVOIDING CERTAIN FOOD TEXTURES.

A CHILD MAY:

- SEEM CLUMSY
- HAVE POOR BODY AWARENESS
- HAVE DIFFICULTY LEARNING NEW MOVEMENTS



Impact of Sensory Processing Challenges

YOU MAY OBSERVE:

- EXTREEME SENSORY SEEKING OR AVOIDING BEHAVIOURS
- IMPULSIVITY
- DIFFICULTY SITTING STILL
- DIFFICULTY REGULATING EMOTIONS
- POOR FOCUS AND ATTENTION
- POOR SELF ESTEEM