

# UNDERSTANDING SENSORY PROCESSING

## WE HAVE 8 SENSORY SYSTEMS

### 1. VESTIBULAR

THE SENSORY SYSTEM THAT CREATES THE SENSE OF BALANCE AND SPATIAL ORIENTATION FOR THE PURPOSE OF COORDINATING MOVEMENT WITH BALANCE.



### 2. PROPRIOCEPTION

The sense that lets us perceive the location, movement, and action of parts of the body.



### 3. TOUCH

The sense that takes in information through our skin.



### 4. SIGHT

The sense that takes in light through our eyes and interprets it in the brain.



### 5. HEARING

The sense that registers sounds and places meaning to those sounds



### 6. TASTE

The sensory system that registers taste in our mouth.



### 7. SMELL

The sensory system that detects odors in the air around us.



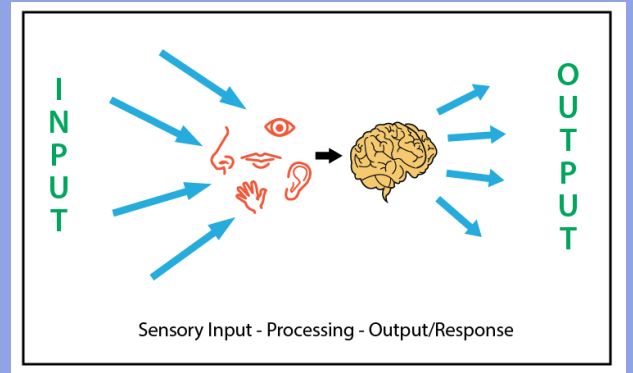
### 8. INTEROCEPTION

The sensory system that helps us understand our body's internal sensations.



## WHAT IS SENSORY PROCESSING?

THE ABILITY OF THE BRAIN TO TAKE IN, SORT OUT AND PROCESS INFORMATION FROM THE WORLD AROUND US.



THE BRAIN PROCESSES SENSORY INFORMATION AND GENERATES AN APPROPRIATE AND GRADED RESPONSE.

OUR BRAINS ARE CONSTANTLY DOING THIS WITHOUT US THINKING ABOUT IT!

## WHAT HAPPENS WHEN THERE IS SENSORY DYSREGULATION?

DIFFICULTY WITH SENSORY PROCESSING HAPPENS WHEN THE BRAIN CANNOT SORT OUT, FILTER, ORGANISE, ANALYSE, AND CONNECT SENSORY MESSAGES.

THIS CAN RESULT IN BEHAVIORAL OR EMOTIONAL RESPONSES

SENSORY PROCESSING ISSUES ARE OFTEN MISUNDERSTOOD.

HAVING DIFFICULTY WITH SENSORY PROCESSING **DOES NOT** MEAN SOMEONE IS “BEING BAD” OR HAVING BAD BEHAVIOR. SENSORY PROCESSING **CAN NOT BE “FIXED” WITH DISCIPLINE.**

## WHAT CAN WE DO TO HELP?

UNDERSTANDING OUR SENSORY NEEDS, PROVIDING STRATEGIES AND PARTICIPATING IN OCCUPATIONAL THERAPY CAN HELP PROMOTE A MORE SUCCESSFUL SENSORY SYSTEM.



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