



Meeting Our Children's Sensory Needs

At Storybook Village, we thoughtfully design environments and create learning experiences to support each child's unique sensory preferences and sensitivities. Understanding how sensations affect your child's mood, grounding, and emotional regulation helps us nurture learning, attention, and social connections.

INFORMATION

- **8 Senses:** Sight, sound, touch, smell, taste, vestibular (sense of head movement in space), proprioception (sensations from muscles and joints), and interoception (sensations from internal organs).
- **Sensory Processing** is the process by which we receive information through our senses, organize this information, and use it to participate in everyday activities.
- **Disordered Processing** affects at least one in twenty people; in children who are gifted and those with ADHD and autism, prevalence is much higher.
- **Sensory Processing Disorder** is a neurological disorder, meaning the behaviors a child with SPD displays are primarily to bring order to and ground his or her nervous system.

WHAT TO LOOK FOR

- **Sensory-Sensitive and Sensory-Avoiding:** Noticing more sensory events than others and actively avoiding sensory input that is distressing.
- **Sensory-Seeking and Low-Registration:** Enjoying and seeking out high levels of stimulation and not picking up on environmental cues (seems disconnected).

HOW TO HELP

- **Sensory Diets:** A set of activities that are scheduled into a child's day and are used to assist with the regulation of activity levels, attention, and responses. Sensory diets provide variations in sensory input that are necessary, ie, leg jiggling, yawning, etc.
- **Toolkits:** An "on the go" box of supplies specific to your child's preferences. Common suggestions include: headphones, essential oils, fidgets, weighted lap blanket, sour spray, bubble timer, oral chew item, crunchy snacks.
- **Routines (ie, bedtime):** 3-5 activities nightly to prepare your child to sleep; it may look like it would be stimulating, but in fact can be regulating, depending on your child's needs.