Some Possible Signs of Sensory Integration/Processing Issues

- Overly sensitive or under reactive to touch, movement, sights, or sounds in the environment
- Unusually high or low activity level
- Easily distracted; poor attention to tasks
- Delays in speech, motor skills, or academic achievement
- Coordination problems; appears clumsy or awkward
- Poor body awareness
- Difficulty learning new tasks or figuring out how to play with unfamiliar toys
- Appears to be disorganized most of the time
- Difficulty with transitions between activities or environments
- Immature social skills
- Impulsivity or lack of self-control
- Difficulty calming self once “wound up”

If you have concerns, contact your healthcare provider. Ask to schedule a full assessment so your child’s doctor can observe your child and address any concerns you may have. Be sure to keep a notebook of your concerns and observations. Share the notebook with your doctor or healthcare provider.

Why Therapy is Important

Therapy provides hope to families

Therapy can improve a child’s sensory processing and increase confidence, self-esteem, social participation, self-regulation, and overall skill development.

Therapists trained in sensory integration use a play-based and child-friendly approach

Children improve their ability to process and organize sensory information in a setting where the child can engage in a variety of fun sensory experiences. Therapy can help kids learn how to respond to a sensory rich world when playing with friends or simply enjoying life.
**What is Sensory Integration/Processing?**

Sensory integration/processing helps people “make sense” of the world around them. Think of all the sensations you experience while dressing, bathing, walking, or riding a bike.

*Sensory integration is the process of using our senses to:*

- **Quickly take in sensory information**
- **Organize this information**
- **Use it for success in everyday activities**

We usually think of five senses: sight, sound, taste, touch (tactile), and smell. We also receive information from our **body position sense (proprioception)**, and **balance and movement sense (vestibular)**.

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**Senses Unite!**

Integrating and processing information from the tactile, proprioceptive, and vestibular systems, along with the other senses (sight, sound, taste, and smell), makes it possible to successfully participate in everyday activities.

**Touch Sense (TACTILE)**

The tactile sense gives us information from our skin. Every time you touch something or are touched, your skin provides you with detailed information; this comes from the tactile sense. It allows you to tell the difference between a friendly touch from a peer to the feel of a bug on your arm.

*The tactile sense is helping this child lick ice cream off the cone, while not being bothered by the feel of it dripping on his hands.*

**Body Position Sense (PROPRIOCEPTION)**

Proprioception is our body position sense. Proprioception is the ability to know where a body part is without having to look, and also helps us know how much pressure we need to do certain things. We use this sense when we pick up a paper cup filled with water without spilling or holding it too tightly.

*Proprioception helps this child delicately hold the egg without crushing it.*

**Movement/Gravity Sense (VESTIBULAR)**

Vestibular is our balance and movement sense. The vestibular sense allows us to move smoothly and balance while engaged in activities. We use this sense when riding a skateboard or sliding down a slide at the playground.

*This child is using vestibular information to help her balance while walking on a curb.*

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