

Importance of Sensory Integration

Understanding the Senses: Do You Know There Are More Than 5?

Sensory integration is the process through which our senses work together. Individuals use sensory messages to learn, play and interact with the world. Most people know 5 of the senses: sight, hearing, smell, taste, and touch.

There are also 2 other important senses:



This is the sense of balance and movement, which helps us to maintain an upright position and know how fast our body is moving. This sense helps us with activities such as walking without falling and riding a bike.



This is the sense of body position, which gives us information about the position of our body parts without looking at them and helps us to know how much force to use when picking up an object.

In order to make sense of the world around us we must combine the sensory information we receive from all of our senses.

Sometimes children who have trouble organizing their senses or processing sensory information can have trouble with everyday tasks and may:

- Be under-reactive or over-reactive to sensory stimuli, like sounds, textures, or movement
- Have trouble organizing daily activities or seem clumsy
- Have difficulty learning new motor skills

Therapy Can Help

Therapy can help children adapt to their sensory environment through fun, positive, play based activities.



Through therapy, children can explore their senses in a safe environment and learn to appropriately organize sensory information.



If you suspect your child has a sensory issue, talk to your pediatrician about getting a referral for an occupational therapy evaluation.

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