

# Sensory Processing

## WHAT IS SENSORY PROCESSING?

- The ability to register, interpret and modulate information received through the senses to plan and organize our behaviour
- This neurological process allows us to make sense of our world
- Information is received through touch, sight, smell, taste, hearing, movement and body position

## WHY IS SENSORY PROCESSING IMPORTANT?

- Sensory processing helps us to understand our environment in an organized way supporting our learning in a variety of settings (school, home and community)
- Sometimes individuals' neurological systems may be over/under-responsive to sensory information and/or have difficulty balancing information received.
- Children may appear to be rough, easily excited, clumsy, distractible, unsafe/risky, anxious, emotionally labile and/or withdrawn

## HOW CAN I SUPPORT MY CHILD'S SENSORY PROCESSING DEVELOPMENT?

- Promoting self-regulation throughout the day helps children calm and reorganize, so they don't escalate into a heightened state
- Heavy work activities (pushing, pulling, carrying etc.) blowing activities (bubbles etc.) and visually engaging activities (eye-spy, treasure hunt etc.) often help to calm and reorganize the body
- Understanding how your child's brain is registering, interpreting and modulating the received information is a good first step in determining how to support his/her development of self-regulation strategies. An Occupational Therapist (OT) can assist you with this.

## ADDITIONAL RESOURCES

[www.sensory-processing-disorder.com](http://www.sensory-processing-disorder.com)

<http://www.youtube.com/watch?v=6O6Cm0WxEZA>

Sensational Kids: Hope and Help for Children with Sensory Processing Disorder.

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