



kids therapy made simple

# Sensory Processing

## What is Sensory Processing?

Essentially Sensory Processing is the way that your brain detects, receives, organizes and integrates incoming sensory information from both your body as well as from the environment. This process allows you to produce an 'adaptive response' or an appropriate reaction to the environmental demands. In an ideal situation, the brain processes the information and produces a response that allows you to effectively function within your own environment.

## What kinds of problems can a child have with Sensory Processing?

Children who experience difficulty with Sensory Processing are often unable to organize and integrate sensory information properly. This typically leads to an inability to find the correct "adaptive response" or appropriate reaction, often resulting in negative or disruptive behaviors.

## What are the 7 Sensory Systems?

Olfactory System



smell

Visual System



sight

Oral Sensory System



taste & texture

Auditory System



sound

Proprioceptive System



body position

Tactile System



touch

Vestibular System



movement

## Patterns or Categories of Sensory Difficulty

### Sensory Modulation

- Under- or Over-responsive to sensory stimuli
- Some crave input and seek it out
- Often experience difficulty organizing behavior

### Sensory-Based Motor

- Poor postural control
- Unable to stabilize body during movement
- Often appear clumsy or accident prone

### Sensory Discrimination

- Experience difficulty determining details and characteristics of sensory information
- Seem awkward with gross and/or fine motor activities
- May appear inattentive at times