

Children's Therapy Specialists



FAQs

What is Sensory Integration?

All day, every day, we receive information from our senses—touch, hearing, sight, taste, smell, as well as vestibular and proprioceptive. Sensory integration refers to how we take in, process, and use the information provided by our senses—senses from within our body and from our external environment. Our senses work together to provide us with a better understanding of the world and our place within it.

What is a Sensory Processing Disorder?

Sensory Processing Disorder (or Sensory Integration Dysfunction), first identified by Dr. A. Jean Ayres, defines the difficulty that some children have with using sensory information for self-regulation and skill development. Children with SPD may demonstrate some of the following behavioral characteristics:

- * Over or under sensitive to touch, sounds, sights, movement, tastes, or smells
- * Intense, out-of-proportion reactions to everyday experiences
- * Resist changes in routines and moving from activity to activity
- * Unusually high or low activity level
- * Difficulty handling frustration
- * Seem impulsive, with little or no self-control
- * Difficulties with paying attention and staying focused
- * Dislike getting *messy* (e.g., food, sand, glue, paint, lotion) on hands or face
- * Bothered by certain clothing fabrics, seams, tags, or waistbands
- * Resist grooming activities (e.g., brushing teeth, hair washing, or nail cutting)
- * May avoid touch or seek touch more than other children
- * Unusually high or low pain tolerance
- * Fearful of movement activities (e.g., swings, and see-saws)
- * Avoid or excessively crave slides, swings, bouncing, rocking, or jumping
- * Poor balance, falling often, or running awkwardly
- * Seem weaker or less coordinated than peers
- * Seem to walk on tiptoes
- * Touch walls or furniture when walking
- * Push, hit, bite, or bang into other children without aggressive nature
- * Overly sensitive to noise (e.g., sirens or vacuum cleaner,)
- * Seem to hear things you don't hear
- * Doesn't seem to hear you, despite typical hearing screen
- * Gets dizzy easily-or never at all
- * Squint, blink, or rub eyes frequently
- * Has trouble reading
- * Withdraw, *tune out*, or cry when in group situations
- * Avoid foods most children of same age enjoy
- * Crave or avoid particular food textures—chewy, crunchy, or slippery.
- * Frequently chew on clothing or hair
- * Difficulty with fine motor tasks; writing, buttons, stringing beads, or scissors
- * Poor handwriting and drawing skills
- * Speech-language, motor skill, or learning delays
- * Inconsistent sleep and hunger patterns

Contact **Children's Therapy Specialists** to discuss how we can meet your needs.
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