

SENSORY PROCESSING

Understand and Implement into Daily Activities

By Amy Perry, Occupational Therapist

By the end of this session,
you will:

- Understand the 3 areas of Sensory Processing, and why they are important for development.
- Learn how to identify red flags before frustrations arise.
- Implement strategies to use that can help in individual and group situations.
- Understand the "why" behind behavior so that everyone can unwind.

What is Sensory Processing?

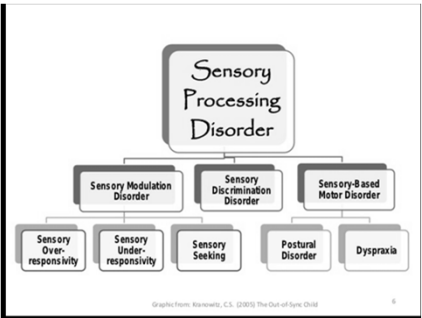
Information

- The way the nervous system receives sensory input and turns it into a response.
- Sensory Processing Disorder occurs when sensory input does NOT get organized into appropriate responses, and a child's daily routine and activities are disrupted.



OUR SENSORY SYSTEM

- Tactile
- Body Position
- Balance
- Sight
- Sound
- Taste
- Smell



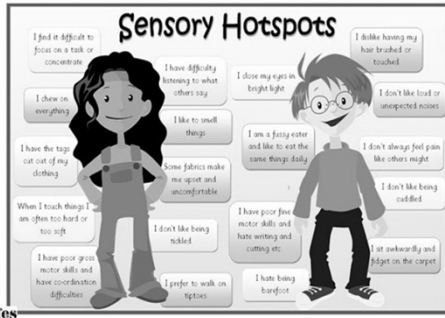
THREE CATEGORIES OF SPD

Regulation-Discrimination-Motor

What behavior do you see?

Over-responsive	Under-responsive	Sensory-Seeking
Hates getting dirty, very sensitive to the texture of clothing and food.	Often doesn't notice if they sat in something wet, if someone touched them or if their face is dirty. May drop things because she is unable to hold onto them properly.	Chews things like shirt cuffs, rubs against furniture, and loves rolling around on the grass or in mud.
Insecure about falling or losing their balance and may be prone to car sickness.	Proned to falling and getting hurt, can swing or spin for a long time without getting dizzy.	Constantly on the move, fidgety, loves being upside down and is a real little daredevil.
Battles with coordination and avoids too much playing with others.	Only responds to active play if it involves pulling, lifting or pushing.	Enjoys vigorous play and loves being squeezed (like in a really tight hug).
Easily over-stimulated - covers eyes, can't handle bright lights or loud noises.	Doesn't seem to notice obstacles in his path, responds slowly to moving objects.	Loves shiny, spinning, bright objects. Enjoys the TV really loud and likes being in a noisy crowd.
May moan about textures, temperature and taste of food. Often gag in disgust.	Often eat very spicy or hot food without noticing any difference.	Are often seen licking inedible objects like toys.

Hypo-Responsive vs Hyper-Sensitive



Posture and Movement

- It's time to **PLAN, START, and DO IT!** This is called motor planning or praxis.
- How can **YOU** make a difference in a child's posture?
- Core muscles support learning.



PROPRIOCEPTION

"Muscle and Joint Sense"

- Located in muscles, tendons, and ligaments.
- Tells the body where it is.
- Deep pressure touch, muscle work, and vibration input lasts 1.5-2 hours.



Where is my body in space?

Proprioceptive Activities

- Joint compressions
- Stretching
- Wall push ups
- Squeeze ball
- Run, jump, skip.
- Lifting, carrying, push/pull.
- Chew, suck, blow.
- Vacuum, sweep.
- Leap frog, tug-of-war, wheelbarrow walking.
- Hit, kick, bounce, throw ball.
- Climb, crawl, scoot, pull self.
- Rolling/kneading dough or clay.
- Outdoor work (raking, sweeping, moving).
- Rough housing, wrestling.
- Crashing on bed, beanbags.
- Pillow fights
- Weighted vests, lap pads.



Sensory Processing Disorder Awareness

Signs Of Tactile Dysfunction:

Hypersensitive:

Refuses or resists messy play, resists cuddling and light touch, dislikes kisses, rough clothes or seams in socks, resists baths, showers, or going to the beach.

Hyposensitive:

Doesn't realize hands or face are dirty, touches everything and anything constantly, may be self-abusive, plays rough with peers, doesn't seem to feel



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ain (may even enjoy it!)

Parker's journey with SPD

VESTIBULAR

- Located in the inner ear.
- Balance and movement sense.
- Most powerful and longest lasting input. Input can 12-14 hours! The lesson is to NOT force movement on anyone.






Vestibular Cheat Sheet

Vestibular Avoiding Behaviors	Vestibular Seeking Behavior
* Scared of Movement Activities	* Unable to sit still
* Fearful around playground equipment such as stairs, swings, merry-go rounds, etc	* Needs to be in constant motion (fidget, rocking, swaying, spinning)
* Fearful of elevators	* Level 10 on most movement activities
* Dislikes being turned upside down or picked up	* Can be very impulsive
* Can appear clumsy or Uncoordinated	* Can't get enough movement
* Can appear stubborn	* Runs everywhere, instead of walks
* Avoids stairs or holds on tightly with both hands on the railing	* Takes unsafe risks both inside and outside
	* Prefers to be upside down or hang off a couch or chair

Vestibular Activities

* Swinging	* Games like Freeze Dance
* Riding on Trikes and Bikes	* Spinning
* Jumping on Trampolines	* Hanging Upside Down

*These are merely suggestions and should be used as a resource. Please consult with a certified OT before using any sensory diet.

TACTILE SYSTEM

- Touch is the most readily available sensory system.
- Receptors located on or around the skin.
- 2 Types of touch: pressure touch vs. alerting touch
- Input lasts 2-4 hours.



Tactile Cheat Sheet

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Tactile Avoiding Behaviors

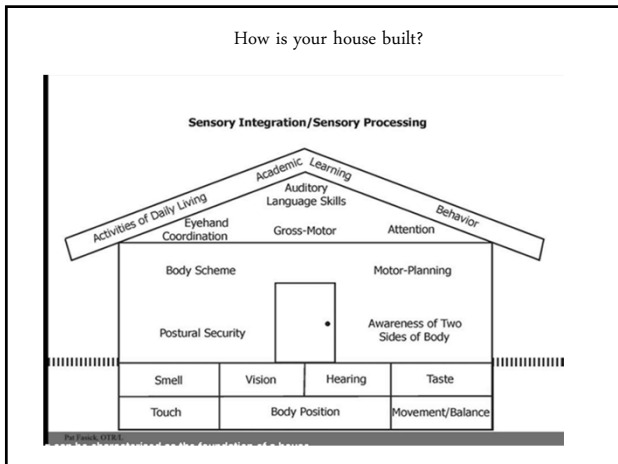
- * Avoids Certain textures or Clothing
- * Avoids or dislikes messy play
- * Distressed by certain clothing such as tight pants, seams in socks, and new textures
- * Extremely ticklish
- * Dislikes getting face/hands washed
- * Avoids hugs or physical contact
- * Fearful of large crowds
- * Anxious or overreacts over light touch
- * Dislikes hair brushing, washing, or drying
- * Picky eater
- * May only walk on toes
- * May refuse to walk barefoot

Tactile Seeking Behaviors

- * Prefers Tight Clothing
- * Always seems dirty/ messy
- * Not aware of being touched by others
- * High pain tolerance
- * Low impulse control- seems to touch everything
- * Craves vibrations
- * Hurtful to other children: hitting, pushing, pinching
- * Constantly touching things around them
- * Dislikes hair brushing, washing, or drying
- * May crave certain strong flavors such as sweet, salty, etc.
- * Constantly mouths objects

Tactile Activities

- * Sensory Bins filled with rice, flour, beans, etc.
- * Sensory Doughs such as playdough, cloud dough, moon sand, etc.
- * Tight Squeezes: Deep Pressure massage, hand squeezes, etc.
- * Squish Boxes: Surrounded by pillows
- * Weighted Activities: vests, blankets.



VS

HOW DOES YOUR ENGINE RUN?

Thank you for learning about sensory
processing!

<http://youtu.be/-GPpbvtiwc0>



Helpful Resources

- [How Does Your Engine Run: The Alert Program for Self-Regulation](#)
- [The Out of Sync Child](#) by Carol Stock Kranowitz
- [The Out of Sync Child Has Fun](#) by Carol Stock Kranowitz
- Sensational Kids by Lucy Jane Miller, Ph.D., OTR
- www.sensory-processing-disorder.com
- Equipment and Products: www.southpawenterprises.com, www.funandfunction.com,
<http://store.schoolspecialtyonline.net>
- Foundations Therapy: Pinterest account is CreateBuildPlay **OR** check us out on Facebook
