

South Kildare Network Disability Team

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Sensory Processing

Information, ideas, & strategies for your child

Presented by

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What are your aims for this session?

What do you hope to achieve?



Understanding



What is Sensory Processing?

 Is the ability to recognise and take on information through the senses and make a meaningful response or action.



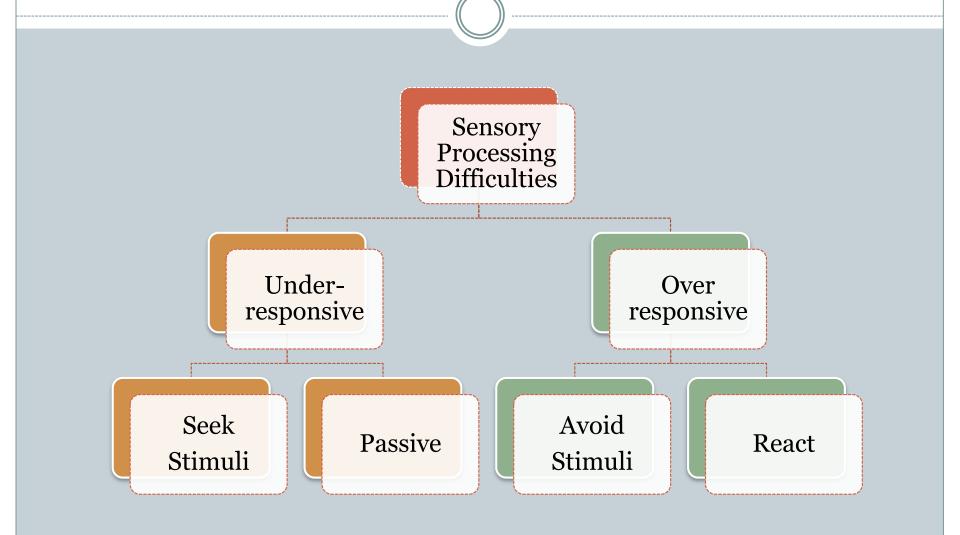


What are the Sensory Systems/Senses?

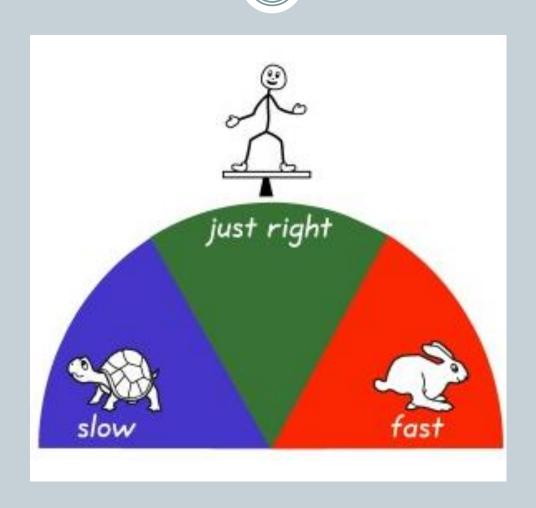
- Vestibular System (MOVEMENT)
- Proprioceptive (MUSCLE & JOINT PRESSURE)
- Tactile System (TOUCH)
- Auditory System (HEARING)
- Visual System (VISION)
- Gustatory System (TASTE)
- Olfactory System (SMELL)

What sensory differences/preferences do you feel your child has?

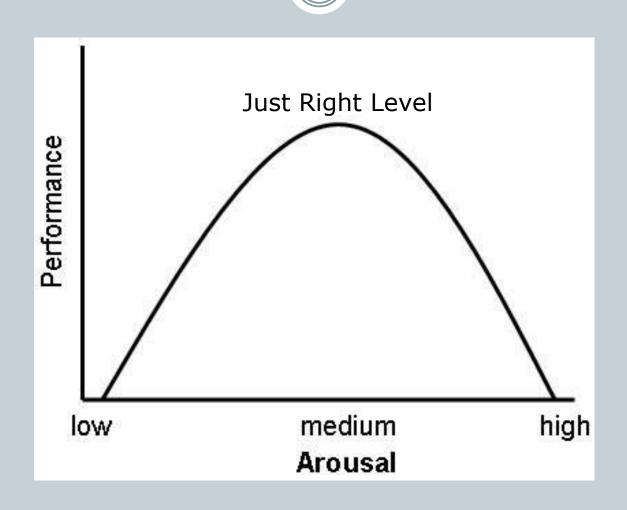
Sensory Processing



Participation



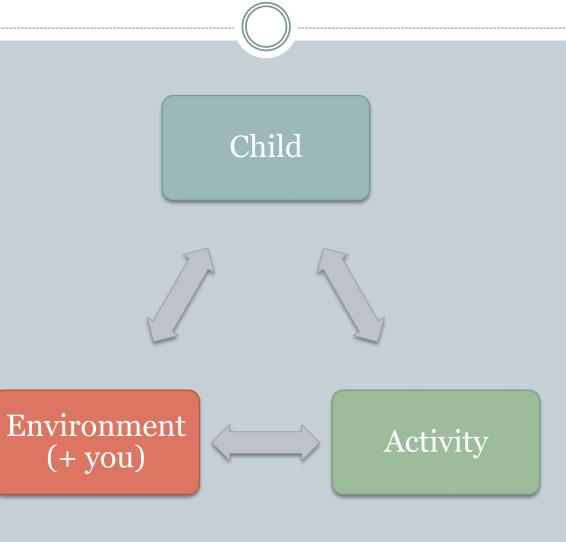
Participation



Self-Stimulatory Behaviours

- Repetitive or unusual body movements/noises
- Intrinsically motivated
- Serve a purpose
- **N.B.** Do not remove without replacement

Factors to Consider



Strategies

Prepare

- Increase tolerance through controlled exposure
- Prepare
- Reassurance
- Safety & Control
- Coping skills
- Grade exposure

Adapt

- Environment
- Activity

Vestibular Sense

Under responsive

- Some children may be seek movement input (e.g. always 'on the go', difficulty sitting still, climbing, jumping, falling and tumbling)
- Some children appear **passive** or do not react to movement activities (e.g. no reaction to spinning continuously on chair)

Over responsive

- Some children may avoid movement activities
- Other children may over react to different movement activities (e.g. become dizzy or nauseated by over stimulation, be fearful of or dislike swings, cars, slides)

Proprioceptive Sense

- Deep pressure sense
- Calming effect
- Useful tool for managing other sensory systems
- Under responsive:
 - Some children may seek out proprioceptive input (getting into tight spaces, banging off/getting close to others, hugging, chewing on non edible items)
 - Other children may appear **passive** or lethargic and not respond to regular proprioceptive input.

Tactile Sense

Under responsive:

- Some children may **not respond** to touch (may bump into objects, appear clumsy, do not feel pain)
- Some children may **seek** out touch input (hugging, touching others, preferring certain textures)

Over responsive:

- Some children **may avoid** touch (any touch by others, own clothes, hair etc.)
- Others may over react to certain touch experiences



Auditory Sense

Under responsive

- Some children may **not respond** to noise or auditory instructions e.g. not responding to name.
- Some children may **seek** out noise from different sources e.g. humming, ear close to noise, make loud noises

Over responsive

- Some children may **react** to the noise; become distracted by noise in the environment, try to filter it out (hands over ears)
- Avoid certain environments due to noises



Visual Sense

Under-responsive

- Some children may have difficulty finding or recognizing objects in a cluttered room or drawer (keys in handbag).
- Others **seek** visual input e.g. hand flicking, spinning objects

Over-responsive

- Some children may avoid bright light/visually rich environments
- Some children may get become distracted or can't visually attend



Gustatory and Olfactory systems

Under responsive:

- Some children may not react to stronger flavour or smells
- Some children may seek certain tastes, types of food and smells

Over responsive:

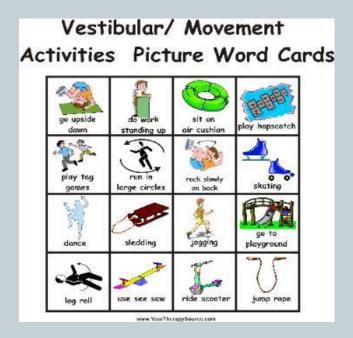
- Some children may **restrict** their diet to limit tastes or smells
- Avoid certain environments due to smells





Sensory diets

- What is a sensory diet or programme?
- Sensory based activities



Conclusion

- Everybody has sensory preferences!
- Focus on what activity we want our child to be successful in
- Note other strategies that may help e.g. Visuals
- Note other factors impacting performance e.g. Behaviour or the environment
- Use sensory strategies to support your day

Conclusion

- Use sensory strategies throughout the day i.e. Sensory diet
- Preparation and increasing tolerance important for children who are over responsive
- Alerting activities important for children who are under responsive
- Trial and error
- Use your team! <3

Any Questions or examples?

