

The Same, but different!

The Senses

Did you know that there are not just 4 senses? We all know hearing, taste, smell and vision, but what about.....?

Proprioceptive—feedback we get from our muscles and joints

Vestibular—receptors in the inner ear tell us where our head is

Tactile—light/rough touch, pressure and pain

Interoception—inner body sense i.e. needing the toilet, hunger

Some children seek sensory input, whereas other children avoid this. This is something to be mindful of as we can put in strategies to support these needs. I hope the information on this newsletter is helpful to some of you. If you need any further help or information, please contact me on:

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Some signs of Sensory Processing Disorder / SPD



Proprioceptive.....

Hyper	Hypo
Not thought of as reactivity issue due to the neurological pathway it takes.	<ul style="list-style-type: none"> • The bangers and crashers • Chewers • The ones who play too rough • The child who breaks his pencil as he writes • The one who breaks toys • The one who climbs on everything



“All children need a little help, a little hope, and someone who believes in them.”

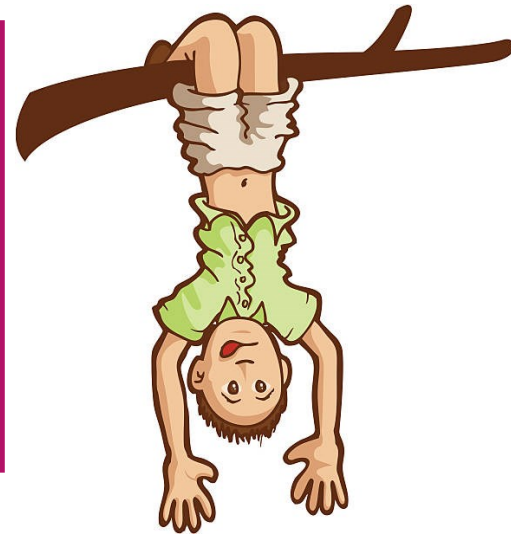
Vestibular....

Hyper

- Hates playground equipment
- Moves cautiously
- Tries to avoid moving their head e.g ducking under things
- Feels sick if they are moved fast or if their feet leave the ground
- Seem unsure on stairs
- Enjoys quiet, sedate activities

Hypo

- Craves movement
- Can spin without ever seeming to get dizzy
- Loves swinging
- Hangs upside down
- Constantly on the go



Tactile....



Hyper

- Hates messy play
- Avoids physical contact
- Distressed when touched particularly when taken by surprise
- Clothing can irritate them
- Can be distressed by being outside
- Sometimes carries a shield (a toy in hand to avoid touching or a stick to warn off children on playground!)
- Bath/shower is distressing and needs to be 'just right' if accepted at all.
- Hates kisses

Hypo

- Needs to touch everything
- Loves messy play
- Can create messy play in a variety of situations
- May crave particularly textures
- Touches inappropriately e.g touching other peoples clothes

Auditory....

Hyper

- Covers ears at loud noises or any noise
- Can hear things that others can't
- Seems distracted by things that are unclear
- Dislikes certain people because of their voice
- Prefers certain tones

Hypo

- Inconsistent understanding of language
- Appears not to hear such as when name is called
- Makes lots of noises (this could be due to hyper sensitivity however)
- Unconcerned by loud noises or appears not to hear them e.g. doesn't react when fire alarm goes
- Likes loud music

