

Hypersensitive vs. Hyposensitive

Some people may be oversensitive (hypersensitive) to sensory input, some may be undersensitive (hyposensitive), and others may be both.

Hypersensitive This may present as avoiding behavior or becoming overly upset with certain sensations or activities.

Examples:

- Hypersensitive to auditory input—may be bothered by the volume of a normal conversation, and cover their ears.
- Hypersensitive to tactile input—may avoid or pull away from certain touch input such as grass, or sticky fingers.
- Hypersensitive to vestibular input—may become upset when their feet leave the ground, and avoid swings, slides, and climbing equipment.

Hyposensitive This may present as seeking behavior as they need more input to fulfill their needs.

Examples:

- Hyposensitive to auditory input—may not notice when you're talking to them, or it takes extra time to get their attention.
- Hyposensitive to tactile input—may not notice if their face or hands are dirty.
- Hyposensitive to vestibular or proprioceptive input—may always be on the move, jumping, running, crashing, or spinning.

Sensory Sid Activity Cards are an easy way to help to complete a sensory diet, using regular items most families have at home.



Developed by an OT team, these cards are meant to implement a sensory diet at home in conjunction with working with a therapist in the clinic.

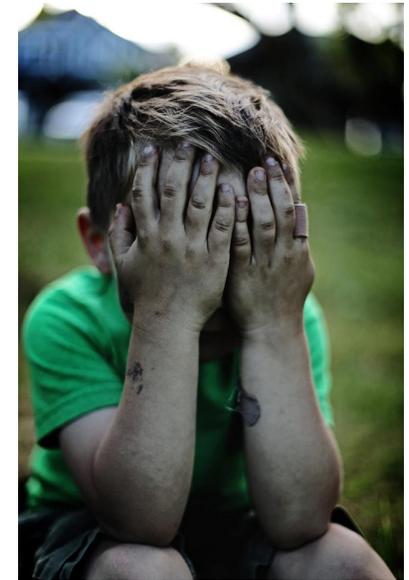
- *Addresses four sensory categories (vestibular, tactile, active, and passive proprioception)*
- *Activities can be done with common household items*
- *Cards are durable, withstanding wear and tear*
- *Illustrations are engaging for the child*
- *Includes simple instructions for modifying the difficulty*



www.sensorysid.com

Also available on Amazon

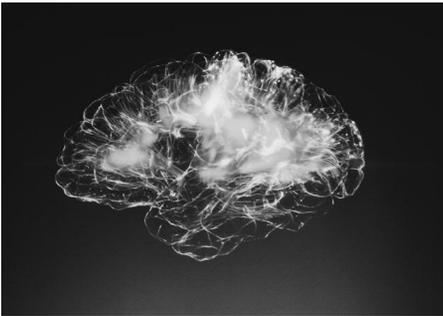
What is Sensory Processing Disorder? (SPD)



Created by
An Occupational Therapy Team
Brain to Body, LLC

What is Sensory Processing?

Receptors in our connective tissue, joints, muscles, skin, inner ear, taste buds, etc. communicate sensory input (be it pressure, stretch, movement, touch, sound, flavor) through our nervous system to the brain.



The brain takes that information, interprets it, and then sends information back to the body on how to respond.

It is this process that optimizes the body's ability to interact and respond to its environment.

Sensory Processing Disorder (SPD)

SPD occurs when the input received is not interpreted accurately and results in an inappropriate response.

Is There a Treatment for SPD?

Yes! There are many ways to help a child with sensory processing disorder.

Working with an Occupational Therapist (OT) or Physical Therapist (PT) who specializes in sensory integration is a great place to start.

The therapist will do a comprehensive evaluation with you and your child. They will identify areas of need and set goals to work towards.

They will also help you establish a sensory diet for your child.



What is a Sensory Diet?

No, you don't need to feed your sensory kid a special diet of broccoli and papaya extract. In fact, a sensory diet has nothing to do with food!

A sensory diet is an activity 'diet', where you perform specific activities in order to fulfill the sensory needs of the individual.

Think of it as a sensory multivitamin or supplement that the body needs.

Providing different sensory input on a regular basis helps train the body and nervous system to take in, process, and respond to sensory input better.

How do Sensory Diet Works?

Sensory diets work with the power of neuroplasticity. The science behind neuroplasticity is very exciting!

The brain changes most rapidly in childhood, but it's now clear that the brain continues to develop throughout life.

Day-to-day activities can have measurable effects on brain structure and function.

By using sensory diets to "rewire" the brain, we can change sensory seeking and avoiding behaviors.