



What is Sensory Processing?

Sensory processing is how our nervous system receives and interprets information from the world around us. Sensory processing happens constantly, and requires a great amount of adaptation from our nervous system to remain regulated

COMMON SENSES

Sight / Visual
Smell / Olfactory
Touch / Tactile
Hearing / Auditory
Taste / Gustatory

HIDDEN SENSES

Vestibular / Movement
Proprioceptive / Body awareness
Interoceptive / Internal Sensations

▶▶ What does our body do with this information?

1. First we must receive the raw information from our organs (eyes, ears, tongue, etc.)
2. Then our brain must make sense of the information and give it meaning
3. Then our brain must develop and send out a response to that information to match the scenario

▶▶ Sensory Processing Delay

- If one or more of our sensory systems is not processing the information (or input) appropriately, this creates a disconnect from the environment and our perception
- This disconnect leads to *dysregulation* which is shown with adverse behaviors like physically lashing out, covering ears, running away, etc.
- Understanding your child's sensory needs and avoiding overwhelm is crucial for remaining regulated, and is a large part of their journey in occupational therapy!