




11 COMMON SIGNS OF SENSORY PROCESSING DISORDER OR DIFFICULTIES

Sometimes you need to be a detective to recognise sensory difficulties as the underlying cause of a problem. If possible see an Occupational Therapist as they are great at assessing the child's sensory processing.

Here is a list that may help you identify children's underlying sensory difficulties:

- 1 **Extra sensitive to touch** – they don't like to be touched or can't be touched enough. 
- 2 **Sensitivity to sounds** – they may cover their ears when the same noises don't bother others.
- 3 **Picky eaters** – they will only eat a limited range of foods and those they are familiar with.
- 4 **Movement** – unusual body posture, seek constant movement or have difficulty with movement.
- 5 **Hyperactivity** – they can't sit still during the day or get to sleep at night, or calm themselves down.
- 6 **Fear of crowds** – crowded areas bothers them to the point of frequent public meltdowns.
- 7 **Poor fine or gross motor skills** – they have difficulty with handwriting or kicking a ball.
- 8 **Excessive risk taking** – they may be unaware of touch or pain or heights or danger. 
- 9 **Avoidance of sensory stimulation** – they won't put their hands in anything messy such as glue, clay or mud. They only wear certain clothes.
- 10 **Trouble with balance** – they may be accident-prone or fall more often than others and have a preference for sedentary activities.
- 11 **Easily distracted** – particularly by noise, movement, and touch. 



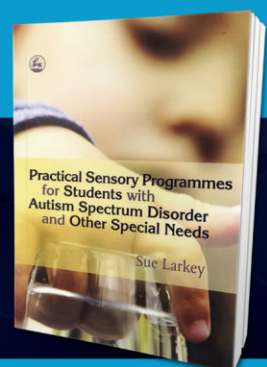
For more information on sensory processing difficulties and checklists to complete to understand children's sensory profile see *Practical Sensory Programmes* by Sue Larkey (pg 21-31).

PRACTICAL SENSORY PROGRAMMES

By Sue Larkey

Shows how to identify sensory problems and develop programmes. Over 100 activities including all five senses and movement.

- CODE B05 \$50



Top 10 Calming Activities

- 1 Massage (see wooden hand massager pg 21).
- 2 Sitting on Bean Chair (see Mini Bean Chair below).
- 3 Slow rocking.
- 4 Soft, slow music.
- 5 Joint compressions.
- 6 Stretching.
- 7 Chewing (see chewy tubes pg 21).
- 8 Sucking.
- 9 Fidget toys (see a wide range available pg 20).
- 10 Squeezing Ball (see stress ball pg 20).



Top 10 Alerting Activities

- 1 Brisk rubbing (see Tiger brush pg 21).
- 2 Chewy food / Chewy Stixx (see pg 20).
- 3 Any push/pull, run, skip, jump, heavy lifting.
- 4 Fast, irregular movement (swing, trampoline, therapy ball).
- 5 Kick, bounce, and throw a ball.
- 6 Strong tastes / odours (flavoured chew stixx pg 21).
- 7 Loud, fast music.
- 8 Fidget toys – Fidgetpod, Slinky key ring (see pg 21).
- 9 Sitting on cushion.
- 10 Physical exercise.

