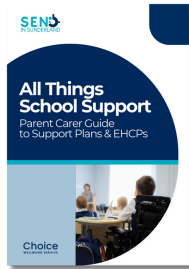
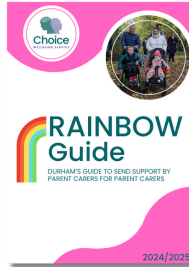
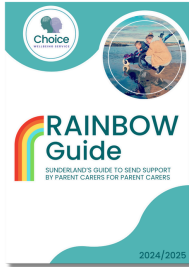


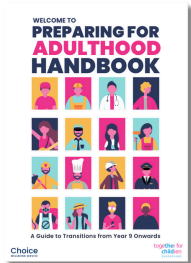
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

# Sensory Processing

## Parent Carer Guide to Sensory Processing

# Your Child, Your Choice

Because one size doesn't fit all

Find our website here:



Sensory processing refers to the way our nervous system receives, organises, and interprets sensory information from our environment and our own bodies. This information comes from our senses: sight, sound, touch, taste, smell, movement (vestibular), and body awareness (proprioception).



### Here's a breakdown of what sensory processing involves:

#### Sensory Input:

- Our senses constantly gather information from the world around us.
- This input travels through our nervous system to the brain.

#### Sensory Modulation:

- The brain processes and organises this sensory information.
- It regulates the intensity and type of sensory input we respond to.
- This process is called sensory modulation.

#### Sensory Integration:

- The brain integrates the information from different senses to create a cohesive understanding of our environment and our own bodies.
- This allows us to respond appropriately to different situations.

#### Impact of Sensory Processing Differences:

Sensory processing differences can affect a person's ability to:

- Regulate their emotions and behaviour.
- Learn and participate in daily activities.
- Socialise and interact with others.
- Cope with stress and anxiety.



### Sensory Processing Differences

Some individuals have difficulty processing sensory information, which can lead to sensory processing differences or sensory processing disorder (SPD).

These differences can manifest in various ways, including:

- Sensory Sensitivity: Being overly sensitive to certain sensory input, such as loud noises, bright lights, or certain textures.
- Sensory Seeking: Craving or seeking out intense sensory experiences, such as spinning, jumping, or deep pressure.
- Sensory Avoidance: Avoiding or withdrawing from certain sensory input that is perceived as overwhelming or unpleasant.
- Sensory Discrimination: Difficulty distinguishing between different sensory inputs, such as similar sounds or textures.

#### Importance of Understanding Sensory Processing:

- Understanding sensory processing can help us create supportive and inclusive environments for individuals with sensory processing differences.
- It can also help us develop strategies to manage sensory sensitivities and promote sensory integration.

In the context of children with additional needs, sensory processing differences are quite common.

Understanding how a child processes sensory information is crucial for providing appropriate support and interventions.

For more support covering  
Sensory Processing, read here:

