

# Sensory Integration Disorder in Children

## Sensory Integration

Your child learns through their senses. This includes sight, sound, smell, taste, touch, movement and body awareness.

The brain processes this information to help your child participate in the world around them. Understanding this information is called sensory integration.

## Sensory Integration Disorder

When the brain has trouble understanding sensory information, it can affect how your child does in school, work, or how they interact with others.

Some signs of sensory integration disorder are:

- too little or too much sensitivity to touch, tastes, textures, movement, sounds and sights
- easily distracted
- clumsiness
- poor self-control
- unusually high or low activity levels
- trouble in school
- delay in reaching developmental milestones.

If you think your child has any signs of sensory integration disorder, talk with your child's health care provider.

## Occupational Therapy

Your child will work with an occupational therapist to better understand and respond to sensory information. The therapist will ask you for information about how your child responds to everyday activities. These include:

- getting dressed
- eating
- grooming (such as combing hair or brushing teeth)
- touch (such as being sensitive to fabrics, haircuts or touch from others)
- movement activities (such as how your child walks, runs, jumps or spins)
- playing and talking with others.

## Care at Home

The therapist will work with you to make a treatment plan for your child. This plan may include teaching your child how to:

- do things on their own (such as getting dressed)
- talk and play with others
- share with others
- cope with disappointment
- follow instructions
- improve their attention
- understand and respond to their emotions.