

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.

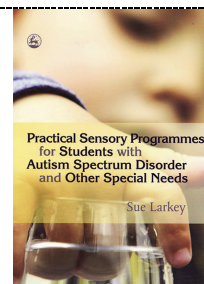
For more information on sensory processing difficulties and checklists to complete to understand children's sensory profile see *Practical Sensory Programmes by Sue Larkey* (pg 21-31).

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



In the wonderful book *The Kids' Guide to Staying Awesome and In Control* (see pg 4) children can learn to identify when they feel "slow and tired", "fast and emotional", "fast and wiggly." By using a range sensory activities children learn to feel "just right." Every child needs to work out their own preferences. Here are some ideas to try:

10 Calming Activities

1. Massage (see wooden hand massager).
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).
8. Sucking.
9. Fidget toys (see a wide range available).
10. Squeezing Ball (see stress ball).

10 Top Alerting Activities

1. Brisk rubbing (see Tiger brush).
2. Chewy food / Chewy Tubes .
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).
7. Loud, fast music.
8. Fidget toys – Fidgetpod, Twist Puzzle.
9. Sitting on cushion.
10. Physical exercise.

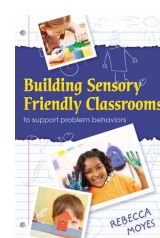
NEW Sensory Books and Resources

Building Sensory Friendly Classrooms

By Rebecca Moyes

This book helps walk any regular education or special education teacher through the process of setting up a sensory friendly classroom. It discusses the importance of data-driven strategies, and helps implementation.

CODE B132 \$35 (incl P & H)

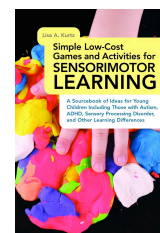


Simple Low-Cost Games and Activities for Sensorimotor Learning

By Lisa A Kurtz

Using cheap readily-available materials, these games and activities are appropriate for all children. Includes clear descriptions of how to carry out each activity, helpful illustrations, and ways to adapt activities according to the child's individual needs.

CODE B123 \$35 (incl P & H)



Mini Bean Chair

Better than standard bean bags because the bag is already set in the position to sit comfortably in, as opposed to normal bean bags which you have to wriggle around to get comfy. The sides give children more of an encased feeling. Comes with an inner liner so can be removed for cleaning.

For ages 6-12 | CODE ST15 \$60 (plus P & H) | Takes approx. 220 litres of beans not included.

For ages 1-6 | CODE ST16 \$55 (plus P & H) | Takes approx. 80 litres of beans not included.



FOR A FULL RANGE OF SENSORY TOOLS SEE PAGE 7 AND VISIT WWW.SUELARKEY.COM