Speech Ease

Sensory Regulation

What Is Sensory Processing?

- Sensory processing refers to how the nervous system processes bodily sensations for daily function.
- Everyone is processing sensory information throughout the day. Sometimes we avoid or ignore this information, sometimes we seek it to self- regulate, which allows us to maintain an optimal state of arousal.

How Many Senses Do We Have?

- We have 8 senses all together!
- These senses include: vision, hearing, taste, smell, touch, proprioception (sense of movement, force and body position), vestibular system (balance), interoception (noticing how the inside of our body is feeling).

What is Sensory Regulation?

- Sensory regulation allows a child to maintain an appropriate level of alertness in order to respond appropriately across environments to the sensory stimuli present. This can be information related to sight, hearing, touch, smell and taste. It can also be information related to internal sensations in the body, like pain and movement sensations.

Sensory Difficulties

- Children with sensory processing difficulties might be:
  - Oversensitive (hypersensitive) - they take in too much sensory information
  - Undersensitive (hyposensitive)- they take in too little sensory information.

Who Can Help?

An occupational therapist (OT) can complete a sensory profile (i.e., an assessment) and provide strategies to help regulate your child's sensory input, making them feel more comfortable, focused and secure.

Locations: Williams Landing & North Melbourne | **Instagram:** @speecheasesp_melbourne | **Facebook:** @speecheasesp | TikTok: @speechease