



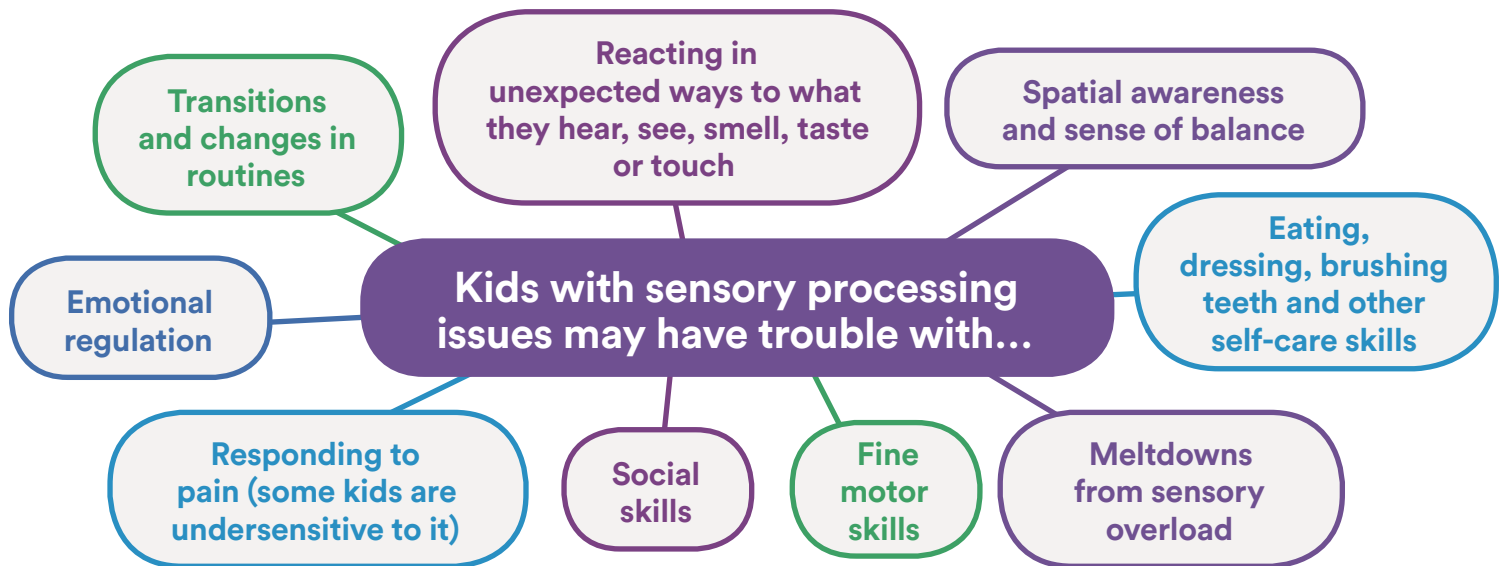
Sensory Processing Issues Fact Sheet

Sensory processing issues are...

- ✓ Difficulties in organizing information from the senses. These include responding to sights, sounds, smells, touch and sensory input related to balance and movement.
- ✓ Often called *sensory processing disorder* (SPD). Doctors might not use this term, but many occupational therapists do.
- ✓ A common co-occurrence. Sensory issues are often found in kids with ADHD or autism.

Sensory processing issues are *not*...

- ✗ Just kids being “too sensitive.” Sensory issues can be overwhelming and can make it hard to function in school and at home.
- ✗ A sign that kids need more discipline. Adults need to find out what’s causing kids to melt down, not punish them for it.
- ✗ Always consistent. Responses to sensory input can vary from kid to kid and from day to day.



Ways to help kids with sensory issues



Occupational therapy can help kids with sensory issues feel less overwhelmed, learn how to self-regulate and cope with challenging situations.



Classroom accommodations, positive behavior intervention plans and informal supports like chewing gum or using a fidget can help at school.



Self-advocacy training can help kids understand, ask for and explain to others what they need to succeed.

Success stories



Temple Grandin, Ph.D., Professor of animal sciences



James Durbin, Lead singer of Quiet Riot



Mayim Bialik, Actress, author and neuroscientist

