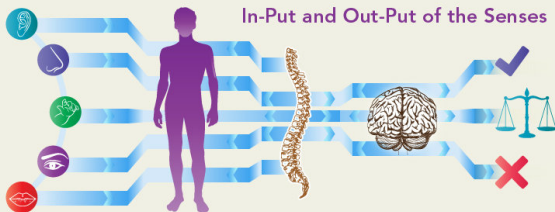




What Is SPD

Sensory Integration or **Sensory Processing Disorder (SPD)** is when there is a dysfunction in the way the nervous system receives messages from the senses and turns them into responses. Whether you are eating chicken nuggets, sitting in class listening to the teacher or coloring with a crayon, your successful completion of the activity requires processing sensation or sensory feedback.



1. Outside world (environment) enters inside world (body/CNS)
2. The peripheral nerves take the info to the spinal cord
3. The info goes then to the brain via nerve tracts
4. Over-arousal: superfluous sensory info passes through the brain "filter" causing excitement, confusion, and distractibility
5. Under-arousal: insufficient sensory info gets processed in the brain, causing absence of mind, delay, and accidents



Hypo-reactive nervous system is one where the child has decreased arousal and it takes longer for the child to "feel" the sensation.

Hypo-reactive nervous system

- Under-reactive to touch and may prefer heavy touch to light touch
- Under-reactive to sounds such as a mom or teacher calling his name
- Under-arousal resulting in looking lazy, open mouthed posture, may look musty (low tone) like a teddy bear, may often appear tired
- Speaks loudly due to modulation issues with lack of proper sensory feedback system
- May appear clumsy or disorganized as body awareness may be lower



Hyper-reactive nervous system is one where the child has increased arousal and it is difficult for the child to tune out sensory input and provide proper output.

Hyper-reactive nervous system

- Overly sensitive to touch
- Gets too close to people
- Hyper-reactive to smells
- Notices sounds that others tune out (seems easily distracted)
- Able to tolerate vestibular input like spinning and running around for long periods of time
- Hyper-sensitive to other people's touch and clothes which may feel very uncomfortable



Signs of SPD

- Difficulty playing in line
- Laying on the floor during circle time
- Hugging too tightly
- Sensitive to touch
- Aversion to foods with certain textures
- Won't wear certain clothes that feel hard or too long or too tight
- Doesn't like tags on clothing
- Clumsy
- Has a meltdown at parties or lunchroom
- Scared of slides (heights) at the playground
- Walks on toes
- Distractible
- Not reacting to someone calling him because he may have not have processed it
- Talking loudly

Solutions For SPD



Home

- ✓ Set routines
- ✓ Break tasks down
- ✓ Speak to your child when you know you have his attention and he can process it
- ✓ Use visuals such as calendars and lists for bedtime routines
- ✓ Use a timer for commands he must meet
- ✓ Be consistent
- ✓ Apply appropriate consequences



School

- ✓ Supply a fidget bin to keep the child busy if he needs to be moving or aroused
- ✓ Use visual schedules
- ✓ Make sure the child is listening and processing before you expect a response
- ✓ Have the child move before requiring the completion of a task
- ✓ Allow child to preview work the night before at home



Pediatric Therapy

- ✓ Join social groups
- ✓ Set goals
- ✓ Learn to function
- ✓ Use sensory strategies to help arouse or calm the nervous system
- ✓ Increase strength so that tone is efficient in order for child to have better body awareness and thus increased attention
- ✓ Support and advocate for parents at home and school