



While You Wait...

To help your child with sensory concerns...

Sometimes children have trouble coping with the sensory world around them and this gets demonstrated through some pretty challenging behaviours. Some of the common descriptors are: can't stand the feel of clothes on their bodies, big upsets over seemingly small events like noises or changing activities, not coping in busy group situations, getting really overstimulated in a busy environment or sitting passively and watching the world go by. The important thing to remember is that the world may feel very threatening to your child, and unfortunately young children don't always pick the most acceptable ways of managing or coping when they feel scared. Many kids with sensory processing difficulties get labelled as "behaviour problems" because people don't understand what they are doing and why. If this sounds familiar, this web-site may provide some helpful information for you to start with:

<http://www.sensory-processing-disorder.com/>

This is a busy web-site, jam-packed with information and should help you to take a closer look at what your child is doing, through a sensory lens. If you prefer to read a book about sensory processing, click on the "SPD Store" tab and check out the books listed there. Many are readily available at the local library or bookstore.

Once you've read a bit and have an idea of some of the things that children do when sensory processing is an issue, be a detective for your child. Watch carefully to try to sort out what is upsetting them in different environments or situations. Is it too noisy? Too bright? Did they not have enough warning about that transition? You can start to gather your thoughts about what is going on so that you are ready, because the OT will ask some of these questions in the assessment.