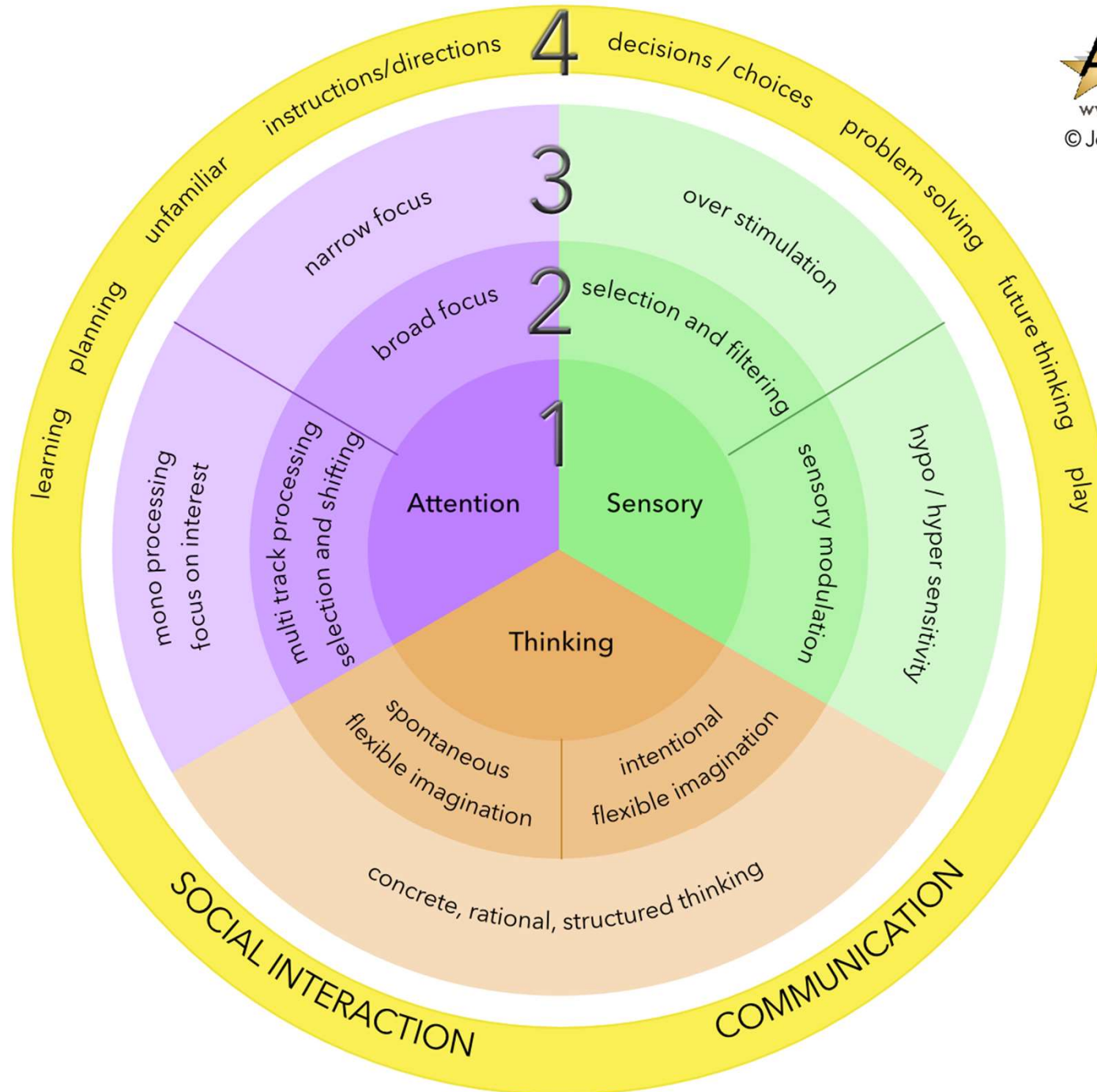
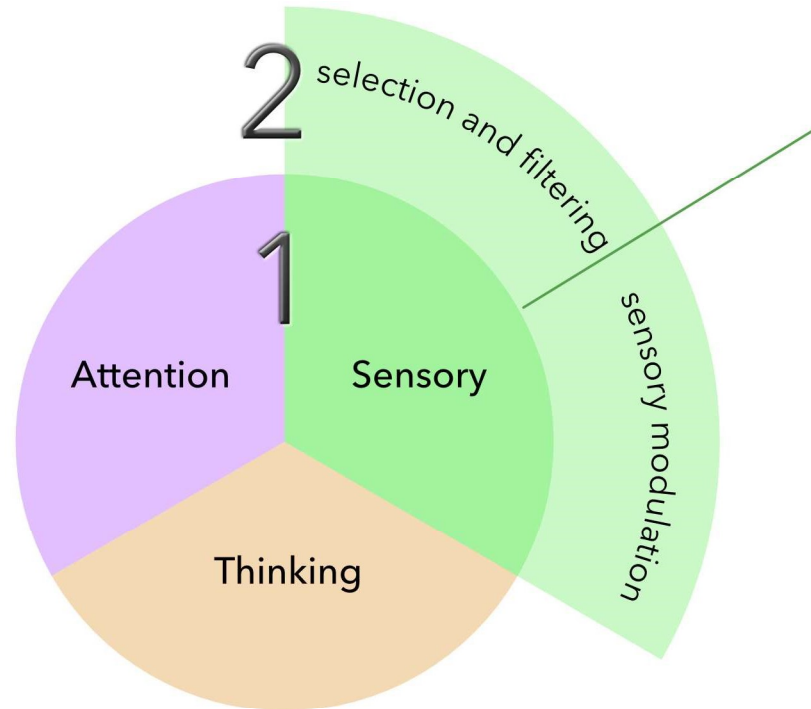




Sensory Issues





Sensory Differences

Selection and Filtering

Sensory Modulation

Monoprocessing

Interoception

Stimming

How many senses do we have?



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Tactile



Touch

Visual



Sight

Auditory



Sound

Olfactory



Smell

Gustatory



Taste

Proprioceptive



Body position

Vestibular



Movement

Interoception



Internal State

All of the senses can be affected



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Problems with filtering



Problems with filtering



Sensory Overwhelm



Fight or Flight response



Shutdown and meltdown

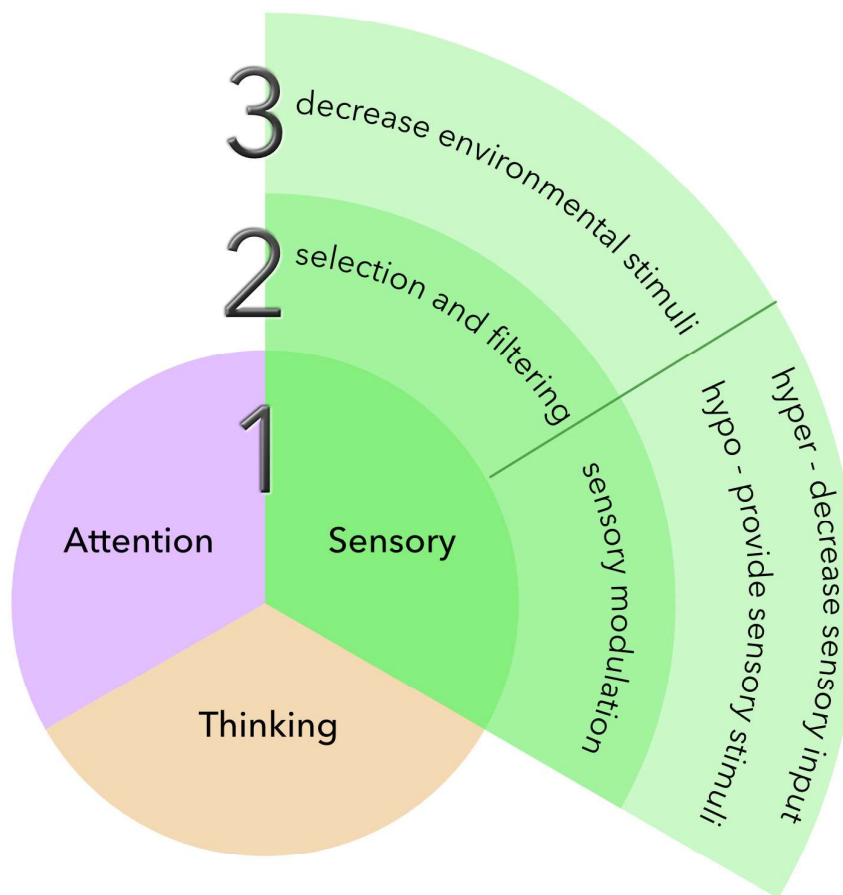


Have you noticed that...

Your child becomes agitated or distressed in busy/ high stimulus environments?

Your child avoids busy / high stimulus environments?

When in busy / high stimulus environments your child tries to hide or run away?





Low Stimulus Environment



Low Stimulus Space

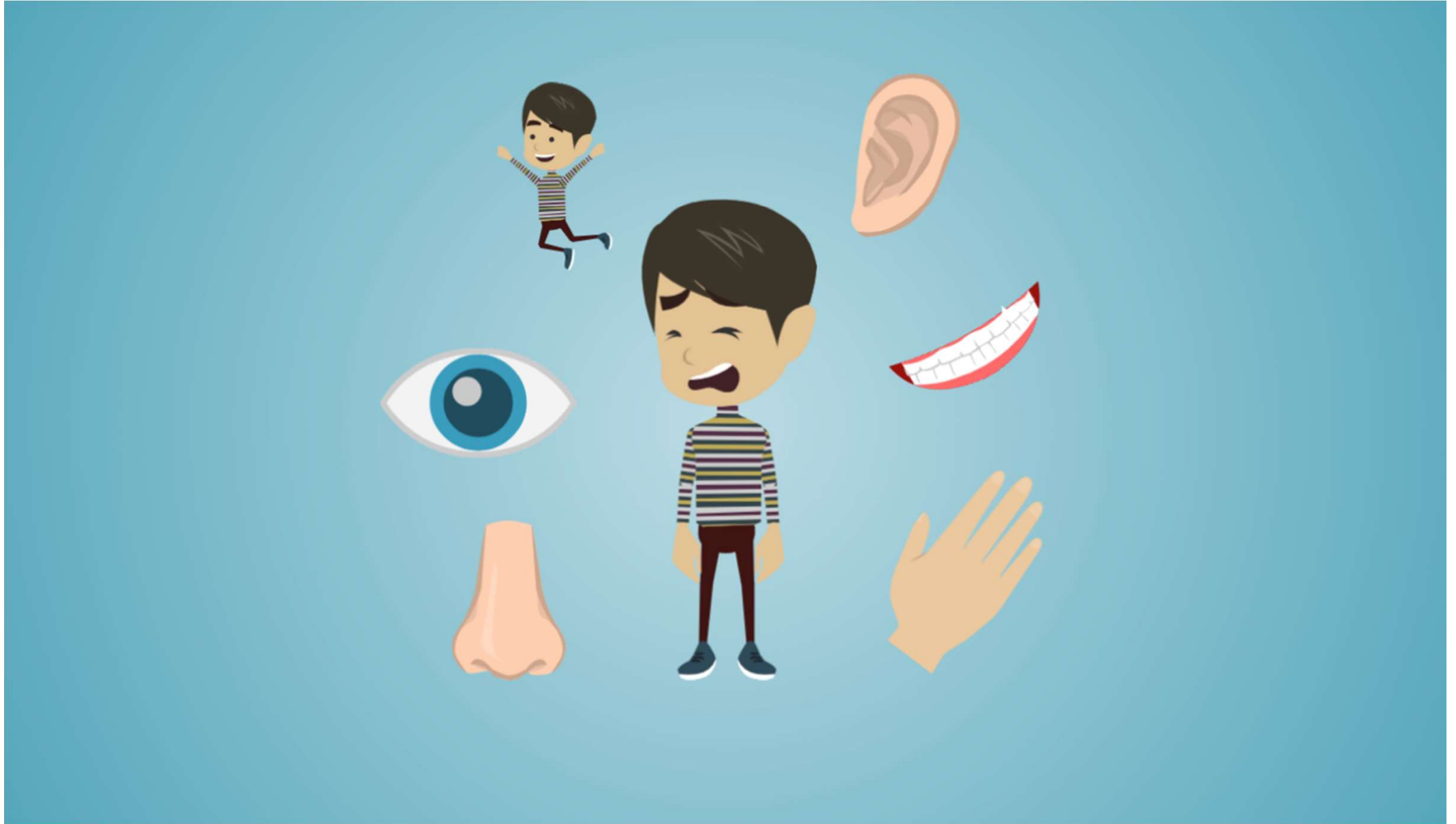
What adjustments could be made at home and school?



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Mono processing



Sensory Modulation

Tactile



Touch

Visual



Sight

Auditory



Sound

Olfactory



Smell

Gustatory



Taste

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Body position

Vestibular



Movement

Hypo sensitivity



Move towards

**sensory seeking
behaviours**

Pleasure

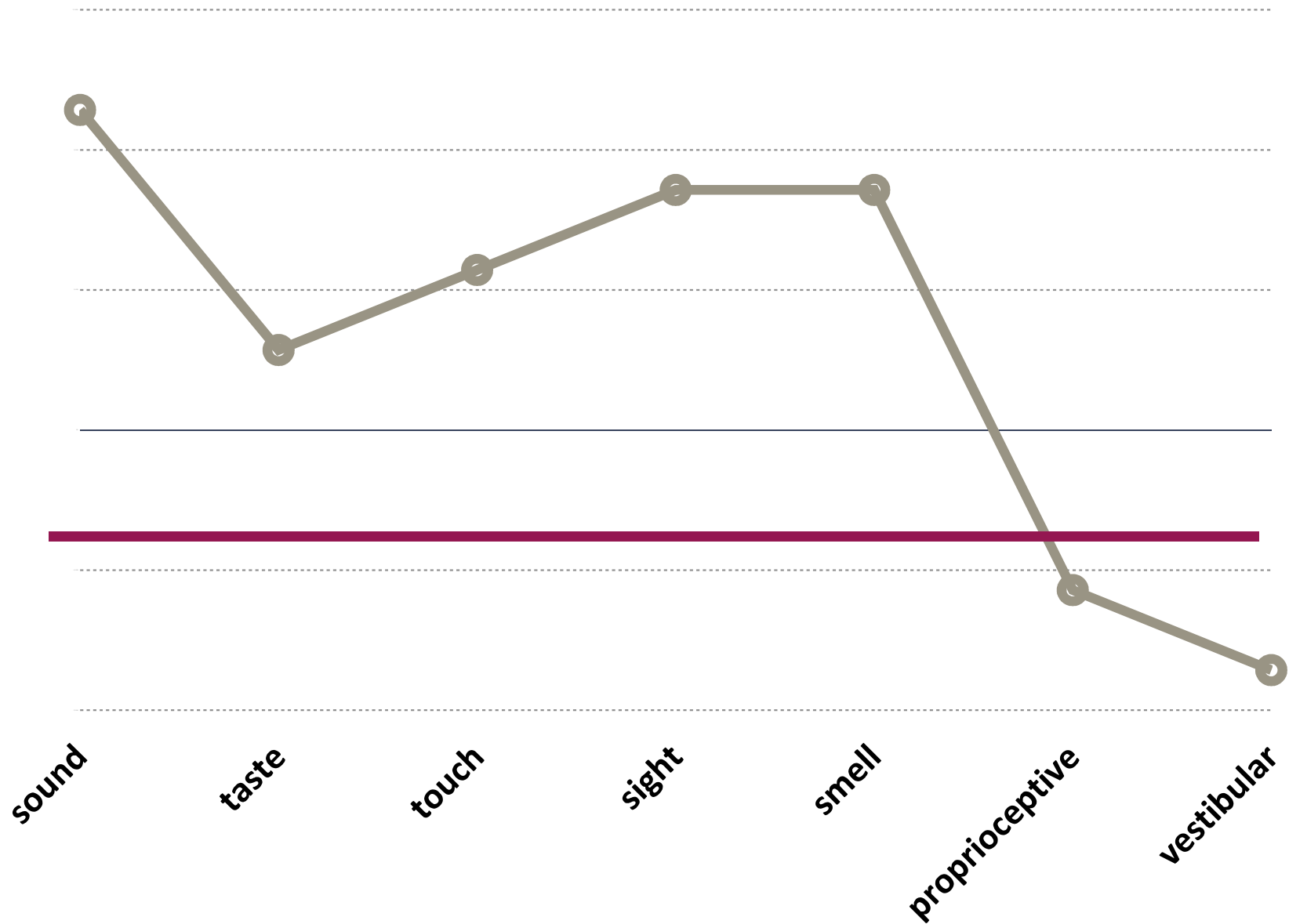
Hyper sensitivity



Move away from

**sensory avoidant
behaviours**

Discomfort



What Impact do sensory modulation issues have?



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Sensory modulation issues may:

- Impair attention
- Cause distress
- May lead to phobias
- Contribute to challenging behaviour
- Impact social interaction and communication
- Lead to social avoidance

A sensory profile

can help you (and others) understand,
and therefore support, your child's sensory
differences



- **they have always experienced sensory information in the same way and so don't recognise it as being unusual**
- **they don't recognise that you experience things differently to them**
- **they don't recognise that you could help.**

Developing a Sensory Profile

- Use a notebook to record behaviours over a period of a few weeks
- Observe your child, and record any unusual behaviours
- At the same time, make notes about the sensory environment / activity
- Also record any anxiety or challenging behaviours in the same way
- Look for patterns

Sensory system	Hyper / hypo Sensitivities	Behaviours you may see	How you can help
Sight			
Sound			
Taste			
Touch			
Smell			
Proprioception			
Vestibular			

Sensory System	Sensory seeking behaviour (Hypo sensitive)	Sensory avoiding behaviour (Hyper sensitive)
Sight	<ul style="list-style-type: none"> • Likes watching items that move • Enjoys watching light reflecting off objects • Finds patterns of light relaxing • Struggles to locate an object amongst others • Finds sorting activities such as jigsaw puzzles difficult • Struggles with reading 	<ul style="list-style-type: none"> • Disturbed by bright lights, especially fluorescent lightning • Prefers dark rooms • Finds eye contact distressing • Struggles to focus on objects for periods of time
Sound	<ul style="list-style-type: none"> • Seems not to notice certain sounds • Doesn't hear someone calling them • Struggles to differentiate sounds • Unable to identify source / direction of sound • Enjoys listening to music through headphones 	<ul style="list-style-type: none"> • Distressed or annoyed by loud noises • Distressed or annoyed by certain noises and not others • Can hear things other people can't • Difficulty maintaining focus in noisy environments • Can easily identify source of sound
Taste	<ul style="list-style-type: none"> • Can't differentiate between the tastes of different foods • Enjoys strongly flavoured foods • Chews, mouths, licks or tastes objects • Familiarises self with objects by tasting them • Eats inedible items 	<ul style="list-style-type: none"> • Has a limited diet • Recognises small differences in food • Dislikes toothpaste • Will not eat food of certain textures
Touch	<ul style="list-style-type: none"> • Familiarises self with people or objects by touching them • Calms self by touching, feeling or handling objects • Doesn't notice when nose is 	<ul style="list-style-type: none"> • Dislikes being touched • Extremely sensitive to hair cutting and styling • Dislikes being in close proximity to others

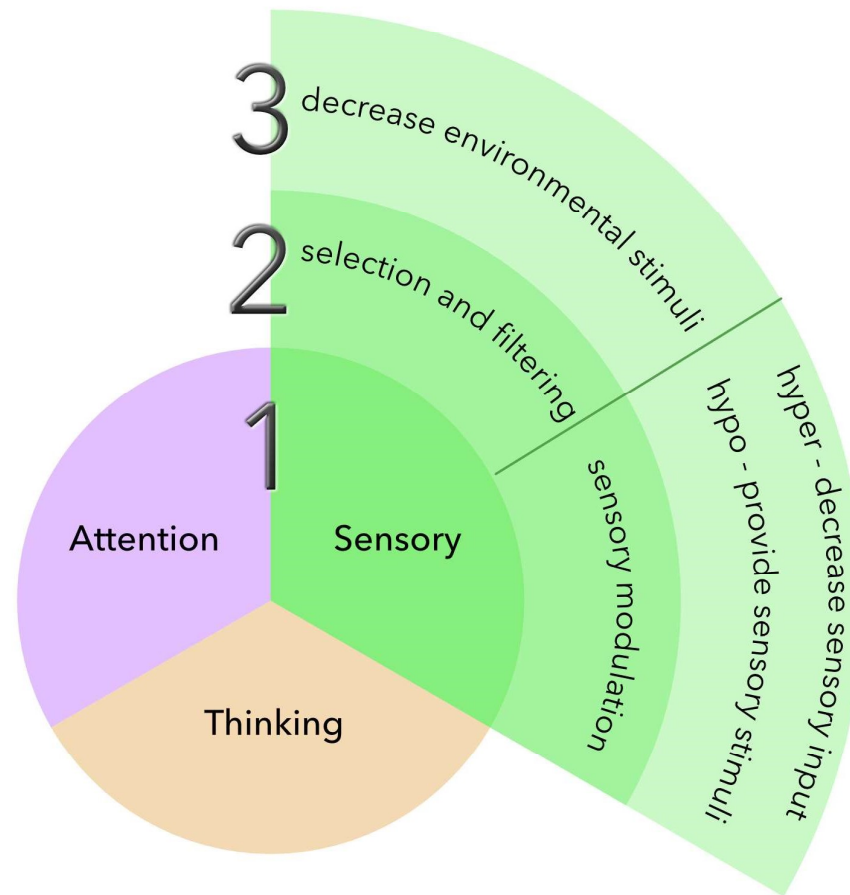
Does your child have sensory modulation difficulties that you are aware of?



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Supporting Sensory Modulation Issues



Hyper sensitivity

Decrease stimuli:

- Reduce the environmental stimuli
- Avoid the environmental stimuli
- Use sensory resources

Hypo sensitivity

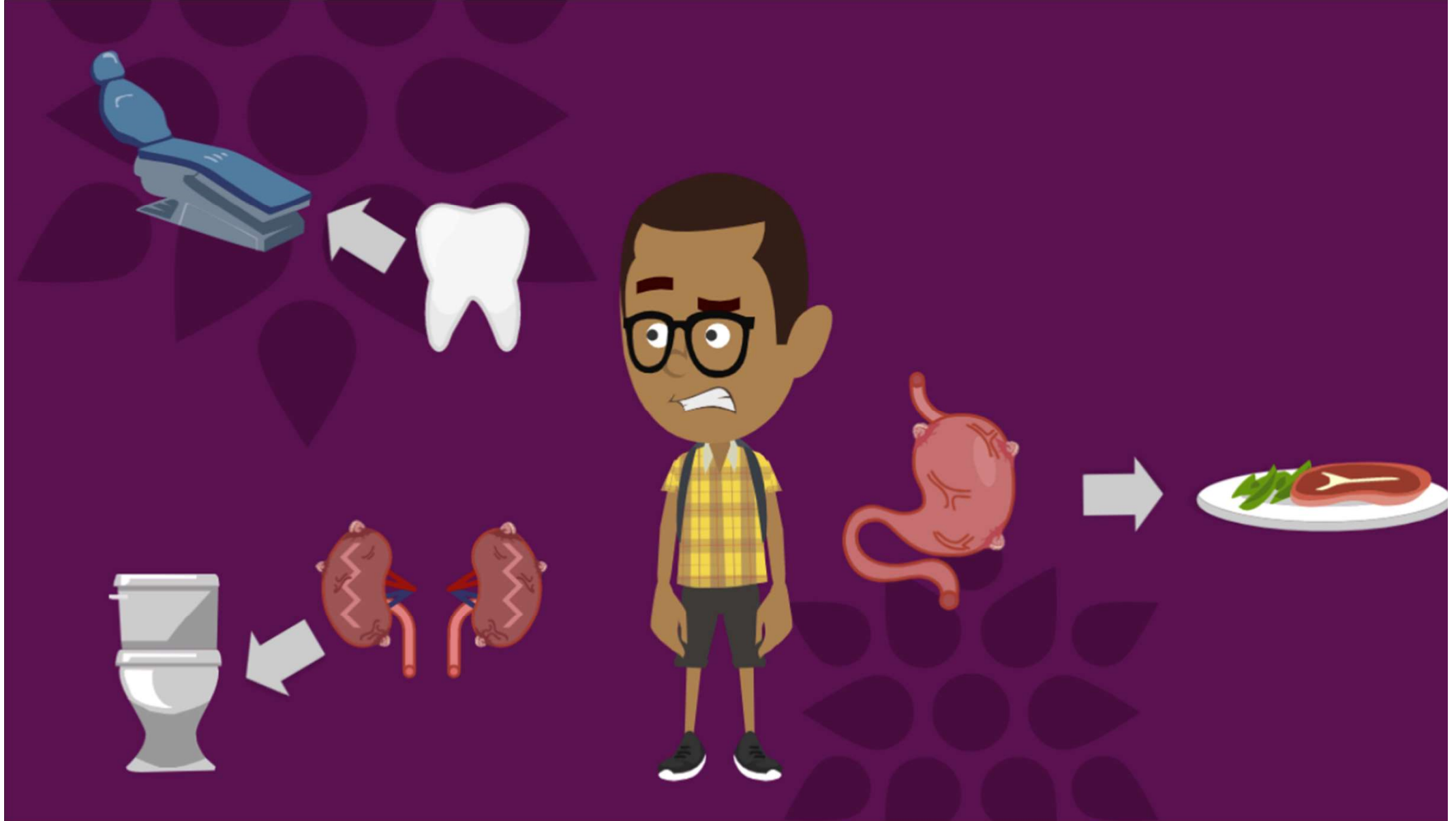
Provide stimuli

- Engage in sensory stimulating activities
- Use sensory resources

How can you help to
support sensory
modulation difficulties?



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Interoception

Immune Cells

Heart

Lungs

Bladder

Muscles

Hormones

Stomach

Intestines

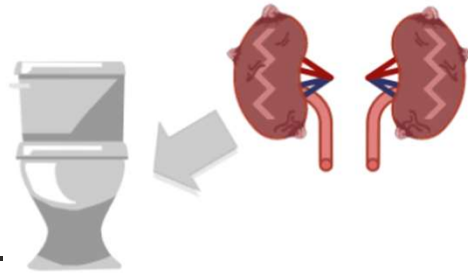
Skin

Bones



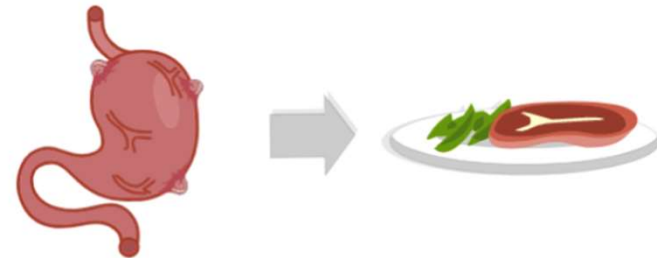
- Hungry
- Tired
- Needing the toilet
- Injured (Pain)
- Unwell (Pain, Temperature, Nausea etc)
- Irritated

Pain –
High or Low
Threshold



Toileting –
over or under
sensitive

Tiredness –
overwhelming/
doesn't recognise when tired



Hunger –
Constant urge to eat /
doesn't recognise hunger



Interoception and Emotions



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Alexithymia

Difficulty in recognising,
describing and relating your
emotions

Basic

- Happiness
- Excitement
- Fear
- Anger

More complex

- Content
- Stress
- Worry
- Passion
- Annoyance
- Agitation

Does your child have any hypo / hyper sensitivities in relation to interoception?



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Stimming

Self Stimulating Behaviours (Stimming)

- Chewing
- Spinning
- Finger flicking
- Flapping
- Grimacing
- Touching
- Fiddling
- Rocking
- Biting
- Pacing

Does your child stim?



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Synesthesia



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