



☎ 07 3133 0610  
✉ [info@brilliantmindspsychology.com.au](mailto:info@brilliantmindspsychology.com.au)  
📍 Suite 1.03, 9 Murrajong Road, Springwood Q 4127



# Sensory Processing

## What is Sensory Processing?

- **Definition:** Sensory processing is how our brains organize and interpret information from our senses (sight, sound, touch, taste, smell, movement, and body position).
- **Importance:**

It's crucial for:

- **Daily Living:** Learning, playing, interacting socially, and managing emotions.
- **Development:** Motor skills, language, and cognitive abilities.

## Key Concepts

- **Sensory Integration:** The brain combines information from different senses to make sense of the world.
- **Sensory Modulation:** How our brains regulate the intensity and amount of sensory input.
  - **Over-responsivity:** Overwhelmed by sensory input (e.g., loud noises, bright lights).
  - **Under-responsivity:** Seeks out strong sensory input (e.g., constant movement, intense textures).
  - **Sensory Craving:** Needs high levels of sensory input.
- **Sensory Discrimination:** The ability to distinguish between different sensations (e.g., identifying similar sounds or textures).
- **Praxis (Motor Planning):** The ability to plan and execute coordinated movements.

## Individual Sensory Experiences

Sensory processing is a unique and personal experience. We all interpret and respond to sensory information differently. When our environments do not adequately support our individual sensory needs, we may encounter challenges in:

- **Sensory Modulation:**
  - Difficulty regulating the intensity and amount of sensory input. This can manifest as over-sensitivity (easily overwhelmed by sensory stimuli) or under-sensitivity (seeking out intense sensory experiences).
- **Sensory Discrimination:**



☎ 07 3133 0610  
✉ [info@brilliantmindpsychology.com.au](mailto:info@brilliantmindpsychology.com.au)  
📍 Suite 1.03, 9 Murrajong Road, Springwood Q 4127



- Difficulty distinguishing between similar sensations, such as identifying subtle differences in sounds, textures, or tastes.
- **Motor Planning and Coordination:**
  - Problems with movement and coordination, including difficulties with balance, coordination, and the ability to plan and execute motor actions (praxis).

## Occupational therapy and Supporting Sensory Processing

Your occupational therapist can assist you in:

- **Understanding Sensory Needs:** Gaining insights into your individual sensory preferences and identifying areas where you may experience challenges.
- **Developing a Personalized Sensory Plan:** Creating a tailored plan of sensory activities to address your unique needs. This may include:
  - **Calming Activities:** Deep pressure, rocking, slow movements.
  - **Alerting Activities:** Jumping, swinging, crunchy foods.
  - **Organizing Activities:** Chewing gum, heavy work (pushing, pulling).
- **Implementing Strategies in Daily Life:** Developing and implementing strategies for home, and school environments ( and work for adults), including:
  - **Sensory Play:** Engaging in activities that provide sensory input, such as water play, finger painting, and playing with various textures.
  - **Movement Breaks:** Incorporating movement into daily routines to provide sensory input and improve focus.
  - **Creating a Sensory-Friendly Environment:** Modifying the environment to minimize sensory overload and create a more supportive setting.
- **Utilizing Visual Supports:** Developing and using visual schedules, timers, and other visual aids to enhance organization and reduce anxiety.
- **Advocating for Your Sensory Needs:** Learning to communicate your sensory needs effectively to teachers, parents, and other individuals in your life. This may involve self-advocacy skills, such as explaining how sensory input affects you and requesting necessary accommodations.

**Important Note:** This is a brief overview. If you suspect your child or you may have sensory processing challenges, consult with a qualified professional (e.g., occupational therapist) for an evaluation and personalised recommendations.



☎ 07 3133 0610  
✉ [info@brilliantmindpsychology.com.au](mailto:info@brilliantmindpsychology.com.au)  
📍 Suite 1.03, 9 Murrajong Road, Springwood Q 4127

**Disclaimer:** This handout is for informational purposes only and does not constitute medical advice.

References:

1. Lombard, A. (2007). *Sensory Intelligence: Why It Matters More Than IQ and EQ*. Metz Press.
2. Kranowitz, C. S. (2005). *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*. Revised and updated ed. New York, A Skylight Press Book/A Perigee<sup>1</sup> Book.