

SENSATIONAL CHILDREN!

It's an unconscious process, which your brain does without thinking about - like breathing. SI is the body's ability to take in information from the world around us and to make sense of it. SI gives meaning to our everyday experiences, by sifting through all the information we take in through our senses and making sure we can focus on the important stuff (such as sitting still and listening to a teacher) and block out the unimportant stuff (such as noise from traffic or buzzing overhead lights).

Children need to be able to integrate sensory information to develop, grow and learn, play and make friendships. For most children, this process develops naturally through play. It's why children love going to the park to climb, spin, jump, slide - their brains are learning to process the huge amount of information being taken in.

But for some children, this process does not occur naturally. Their brains have trouble making sense of all the different information, resulting in difficulties with attention control, movement, learning and interaction with others. Do any of these sound familiar?

- My child's a real fidget! He's always on the go and it's difficult to keep him occupied. At school, his teacher says he needs to concentrate harder, as he always seems distracted.

- Every morning and night we have a battle to try and brush my daughter's teeth. She gets upset so

Ever heard of Sensory Integration or SI?

easily, by loud noises or mess on her hands. And don't even mention mealtimes, she always has the same foods and won't try anything new.

- My son's always been a bit clumsy, but he's really beginning to struggle at school, with handwriting, using scissors and the like. He's also getting frustrated, because all his friends are out on their bikes and he can't ride his yet.

Sensory processing difficulties (SPD) can be complex and affect a huge variety of day to day activities. Unlike other developmental problems, such as speech delay or dyslexia, SPD is relatively unknown and as a result, is often missed and children just struggle through. However, there is information, help and support available to families with children who have SPD. A great place to start is the Sensory Integration Network www.sensoryintegration.org.uk

SI therapy is also available via specially trained Occupational Therapists, who are able to provide play based therapy sessions that aim to challenge and develop your child's sensory processing skills within a playful, child led and supportive manner. Local support for children with SPD is available via Integrated Therapy Solutions; a small, friendly children's therapy team.



Integrated Therapy
solutions



For more information about how our team could help your child, visit www.integratedthapsolutions.co.uk or call 01527 877196 to have a chat with one of the therapists.