Top Tips
Understanding Sensory Processing Differences
For parents, young people & teachers

✔ Sensory processing is the way in which our brain organises the information it gains from our 7 senses:

- Visual (sight)
- Olfactory (smell)
- Gustatory (taste)
- Vestibular (balance)
- Auditory (hearing)
- Tactile (touch)
- Proprioception (body awareness)

✔ If our brain organises this information correctly then we will receive just the right amount of information
✔ With a sensory processing difference then you may receive too much or too little information
✔ Everyone has a varying range of sensory processing differences, it is only when they impact on our ability to function in daily activities that they become a concern
✔ Sensory differences can fluctuate and can be worse at times of stress or anxiety
✔ Sensory differences are best supported through management strategies throughout the day that work for the individual child
✔ We cannot make sensory processing differences disappear, they are a part of our individuality but we can often reduce the problems caused by them and help to manage this.
✔ Some people also use sensory based activities to calm at time of anxiety or stress