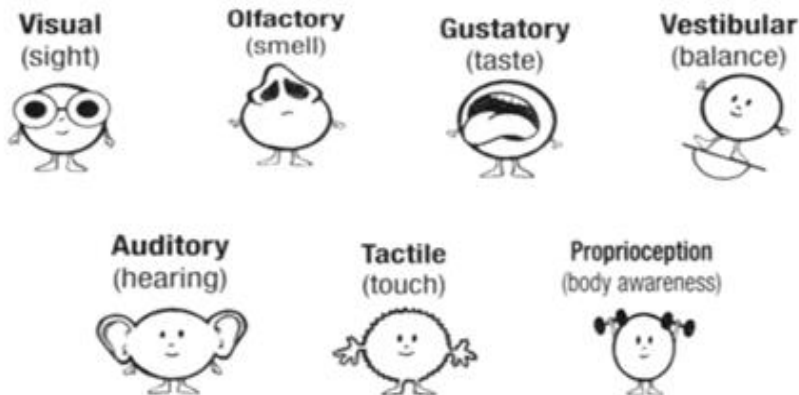


Top Tips

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:



- ✓ 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 concerns
- ✓ 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