

Sensory Systems

Just as our bodies need food throughout the day to nourish them, our brain needs a balanced mix of input, coming through our senses to keep us performing at our peak. To keep us in a state where we feel able to cope well with whatever we are doing we need to experience a variety of sensations at different times and for different activities.

Sometimes children have difficulties regulating the sensory input that comes into their brain from; touch, taste, smell, hearing, sight, balance & motion and from their muscles and joints. Difficulties can occur for a number of different reasons and will vary from child to child and situation to situation.

This may present as;

- Difficulty with attention and concentration
- Zoning out – in a world of their own
- Being disruptive to their own learning or that of peers
- Being unable to settle in the classroom – always on the move
- Being unable to accept direction - Counterwill
- Having problems relating to others



Of course, it would be unwise to look at a child's sensory preferences in isolation when trying to understand their needs and difficulties. It is important to consider the child in a holistic way and examine all aspects of their world.

By obtaining a detailed picture we can provide a better framework for support.