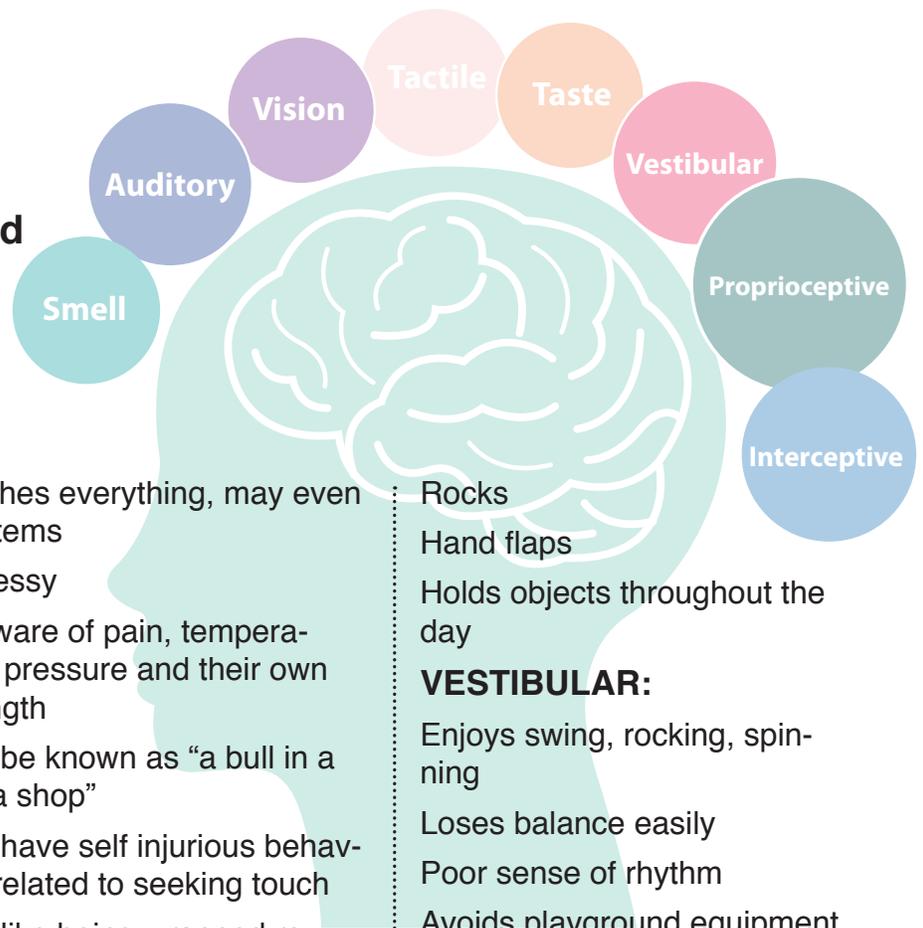


Quick Reference of Common Characteristics of Sensory Processing Disorder (SPD) frequently seen by parents and other professionals



VISION:

- Avoids eye contact
- Peripheral gazing (looking out of the corner of their eyes)
- Closes eyes
- Stares at bright lights
- Seeks out flashing lights
- Watches videos or objects repetitively

AUDITORY:

- Does not respond to their name
- Holds objects up to ear
- Talks really loud or really soft
- Turns up volume really high
- Becomes upset by loud noises
- Anxiety in crowds and noisy environments
- Makes noises

SMELL:

- Smells objects/people
- Gags or Vomits
- Sensitive to Scents
- Prefers strong scents whether good or bad

TASTE

- Likes highly flavored foods
- Has poor oral control
- Food stuffs
- May be known as a picky eater
- Hates hands or face getting dirty
- Hates having teeth brushed

- Touches everything, may even lick items
- Is messy
- Unaware of pain, temperature, pressure and their own strength
- May be known as “a bull in a china shop”

- May have self injurious behaviors related to seeking touch
- May like being wrapped really tight or try to fit into small spaces
- Hate getting their hair cut
- Does not understand personal space
- Does not like being touched
- Sensitive to clothing, tags, socks, shoes
- Upset by face or hands becoming dirty from eating

PROPRIOCEPTION:

- Difficulty maintaining body posture even when sitting in a chair
- Clumsy
- Too Rough/too forceful
- Seeks oral input: Grinds teeth/bites or chews on objects
- Not willing to swing or jump or play on playground equipment
- Paces
- Jumps

- Rocks
- Hand flaps
- Holds objects throughout the day

VESTIBULAR:

- Enjoys swing, rocking, spinning
- Loses balance easily
- Poor sense of rhythm
- Avoids playground equipment
- Gets motion sick easily
- Moves stiffly
- Moves head and body repetitively

INTEROCEPTION:

- Difficulty noticing when they are hungry, thirsty or need to go to the bathroom
- May be unaware of when their body is overheating
- May be upset if they are hungry or thirsty or if they need to use the restroom



ALERT

Remember that these are just a few of the reactions that can be seen from an individual with a diagnosis of SPD. It will be important to work with a qualified registered Occupational Therapist to work on “regulating” these reactions so that they do not interfere with daily activities and life functions.