

Sensory Integration

Sensory integration (SI) refers to the way the brain interprets information it receives from the senses and turns it into a motor or behavioral response. Sensory integration includes the five basic senses: smell, taste, hearing, touch, and vision, as well as vestibular (movement and balance) and proprioception (body awareness).

Sensory processing difficulties may present in a variety of ways including:

- Seeks excessive movement (e.g. spinning, jumping, swinging, fidgety)
- Oversensitivity to sounds (e.g. frequently covers ears)
- Oversensitivity to touch (e.g. complains about clothing)
- Poor-coordination and motor planning
- Frequently bumping into people and objects, often uses excessive force without regard to safety
- Picky eaters
- Poor attention

A trained occupational therapist will evaluate your child and collaborate with caregivers to develop an appropriate treatment plan to address your child's specific sensory needs. Therapists will utilize/create a fun and safe sensory-rich environment in which your child can explore a variety of sensory experiences. The goal of occupational therapy is to help your child learn to adapt to their everyday environment and behave in a more appropriate manner.



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SI treatment may include:

- Wilbarger brushing and joint compressions
- "Sensory diet" home program
- Sequential Oral Sensory feeding program
- Environmental modification
- Parent/caregiver education
- Compensatory strategies
- Therapeutic Listening

**Physical Therapy
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