



# Sensory Integration Information Sheet

## Does your child...

- Have trouble sitting still?
- Get bothered by tags on their clothes?
- Always get in trouble at school?
- Have difficulty with changes in routine?
- Have issues with picky eating?

If you answered “**YES**” to any of the above questions, contact your primary physician about how occupational therapy can be helpful for you.

- Sensory integration is the ability to take in, sort out, and connect information from the world around us.
- Sensory integration dysfunction occurs when the child cannot analyze, organize, and respond to sensory messages accurately. Children with sensory integration dysfunction may present with difficulties with development, behavior, speech, and the ability to process information.
- Some signs of sensory integration dysfunction may be:

Difficulty maintaining attention to task  
Difficulty with transitions  
Social/emotional issues  
Delays in communication  
High distractibility  
Unusual eating habits (i.e. picky eater)  
Difficulty with multiple step directions

Clumsiness, frequent falling  
High or low activity levels  
Delays in motor skills  
Impulsive  
High or low pain tolerance  
Aggression towards self or others

## How can a pediatric therapist help my child?

1. An occupational therapist will assess the child and family needs, conduct a family interview, and observe the child's responses to input from the environment.
2. Sensory integration therapy is child-directed and focuses on sensory areas specific to each child's needs. Each child is encouraged to participate in a variety of sensory activities to facilitate the development of underlying skills needed to complete higher level tasks efficiently and independently.
3. Treatment sessions encourage parent/child interaction with positive sensory experience (touch, movement, visual). A sensory program specific to the child's sensory need will be developed for home and school.

**For evaluation or for a free consultation please call us!**

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