

What is SPD?

Sensory processing is the way our brains receive, understand, and respond to our senses. Everyone processes their own senses differently, but some children may develop sensory preferences that interfere with their normal, everyday functioning called **Sensory Processing Disorder (SPD)**.

SPD Subtypes

> UNDER-RESPONSIVE

These children are often under-stimulated by their environment. It is hard for their brains to receive and process information from their senses.

> OVER-RESPONSIVE

These children will feel one or more senses in excess and become easily overwhelmed.

> SENSORY-SEEKING OR CRAVING

These children look for more sensory stimulation and seem to have an almost insatiable desire for sensory input. Kids who seek more stimulation may seem to have “behavioral issues.”

Did you know?

5% of kids deal with SPD, but an estimated **80% of kids** with traumatic backgrounds experience challenges with SPD.

What You Can Do

Talk to a pediatrician about:

- Sensory Integration Therapy (SI)
- Sensory Diet
- Occupational Therapy

And try to:

- Research Trust-Based Relational Intervention (TBRI)
- Be consistent with rules and routines
- Discuss anticipated changes in routines
- Recognize your child’s (and your own) sensory preferences