

The Sensory Systems

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

- Children feel ready to learn when they are in a calm and alert state. This can be challenging for some kids due to difficulties with how their body makes sense of the sensory information it receives.
- Difficulties processing information from the 8 systems can impact self-regulation and participation at school and/or home.



Auditory: hearing helps us to identify the quality and direction of noise



Vision: seeing helps us move safely and identify colours, letters, and words



Gustatory: taste allows us to enjoy food or cause us to react negatively to noxious tastes



Tactile: sensations of pressure, vibration, movement, temperature, and pain



Vestibular: sense of where our body is in space which helps us coordinate movement and balance



Interoception: helps us understand and feel what is going on inside your body



Proprioception: sense of body position and knowing where each body part is

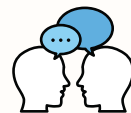


Olfactory: smell allows us to perceive odor and react to noxious smells

How Co-Regulation Can Help:



Match the volume and tone



Use reflecting language (e.g., naming the emotion to show you are listening/seeing them)



Check your physical presence (i.e., getting on the child's eye level)



Prompt strategies and choices (i.e., remind child of available strategies)

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