



PSYCHOLOGISTS

Did you know that paediatric occupational therapists can help you with children whose behaviour may relate to sensory processing or sensory modulation difficulties?

Adequate processing of information from all sensory systems allows a child to respond appropriately. That is, he/she will be functioning at the optimal level of arousal for learning and being productive as his/her system is 'letting in' (modulating) just the right amount of information.

Some children can have difficulty modulating the amount of information that they receive through their senses. They may receive too little or too much, so they then either seek or avoid certain sensations. Modulation of sensory information describes how our nervous system continually attempts to maintain a constant and comfortable state from which we are able to use the information from our senses. Problems in this area can affect the overall state of arousal of the nervous system and therefore can affect behaviour, emotions and motor responses including concentration and distractibility.

For example:

- A child who pushes others away (appearing as a bully) may be reacting negatively to unexpected light touch.
- Children who are hypersensitive and overwhelmed by information from their senses may present as anxious, timid or introverted.
- A child who has difficulty paying attention may need movement to help regulate him/her self.
- A child with poor exploratory play may be avoiding a variety of sensations.

For more information visit "Our Services" page