

October is Sensory Awareness Month



Why Does My Kid Do That?

10 Common Signs of Sensory Processing Disorder

- 1 **Extra-Sensitive to Touch** - They don't like to be touched or can't be touched enough.
- 2 **Sensitivity to Sounds** - They may cover their ears when the same noises don't bother others.
- 3 **Picky Eaters** - They will only eat one or two familiar foods.
- 4 **Avoidance of Sensory Stimulation** - They won't put their hands in anything messy such as glue, clay, or mud. They only wear certain clothes.
- 5 **Uneasiness with Movement** - They fear amusement park rides, playground equipment or being turned upside down.
- 6 **Hyperactivity** - They can't be still during the day or get to sleep at night.
- 7 **Fear of Crowds** - Crowded areas bother them to the point of frequent public meltdowns.
- 8 **Poor Fine or Gross Motor Skills** - They have trouble with handwriting or kicking a ball.
- 9 **Excessive Risk Taking** - They may be unaware of touch or pain, which can come across as aggressive behavior.
- 10 **Trouble with Balance** - They may be accident-prone or fall more often than others and have a preference for sedentary activities.

Here are some materials that can help!

