

What does Sensory Processing Disorder look like?

- Visceral reaction to certain smells, textures, loud sounds or sensations
- Picky eating
- Refusing to wear certain clothes. Bothered by tags and seams. Only wanting to wear sweatpants or soft clothing
- Covering ears often
- Complaining that it's too bright out
- Poor coordination
- Very low or very high pain threshold
- Stimming behaviors (swinging, rocking, flapping)
- Always has to be told to 'be gentle' when handling things
- Avoids hugs
- Gives big 'bear hugs'
- Unaware of personal space
- Hyperactivity
- Big reaction to surprise touches (Easily startled by a tap on the shoulder)
- Very fearful of big movements (somersaults, swings & playground equipment)
- Touches everything
- Having frequent 'accidents'- Not recognizing bodily signals
- Eating non-food items
- Chewing on toys, ends of pencils

