



What are the Signs of a Sensory Processing Disorder?

A Sensory Processing Disorder (SPD) is when an individual has trouble understanding the information that they receive through these senses (sight, hearing, taste, smell, or touch). SPD can affect all the senses, or just one. Additionally, SPD means that the affected individual is more sensitive or under sensitive to the stimuli than others who do not have SPD.

Hypersensitive children are extremely reactive to sensory stimuli. If your child is hypersensitive, they may:

- Say their clothes are too scratchy or itchy. For example, a child may not like tags on their shirt because it is too itchy.
- Think the lights are too bright. A child with SPD may have negative reactions to neon signs, flashing lights, fluorescent lighting, bright skylights, etc.
- Be unable to tolerate sounds that seem too loud. For instance, a child with SPD may plug their ears at movie theaters, and dislike babies crying, or the ambulance sirens.
- Become distracted by sounds in the background that a neurotypical individual cannot hear.
- Think that soft touches feel too hard. For example, a child with SPD may not like hugs because it feels uncomfortable.
- Dislikes certain food textures. Some food textures make them gag.
- Screams when their face gets wet.
- Is afraid to go down the slide or play on swings.
- React negatively to sudden movements, touches, loud noises, or bright lights.

Hyposensitive children seek out more sensory input because they are under-sensitive to sensory stimuli. This may look like:

- Not able to sit still
- Crashing into walls or people
- Loves thrills, such as jumping, heights, climbing, spinning, etc.
- Can spin for extended periods without getting dizzy
- Invades personal bubbles
- Chews on things, such as clothing, hands, and textures that feel good in their mouth
- Enjoys physical pressure like weighted blankets, hugs, etc.
- Seeks visual stimulation, like an iPad, iPhone, or television
- Experiences issues with falling asleep
- Does not realize when their face is dirty or their nose is running.
- Has trouble understanding where their body is in relation to other objects or people. This may look like the child being clumsy or having poor balance.

If you suspect your child has SPD and it's affecting their education, early educational intervention is crucial. Addressing these issues early on can prevent academic and social challenges for your child. To find out how to get an evaluation to see if your child has SPD, check out [this](#) article! If you're interested in learning more about getting a diagnosis, we encourage you to check with our team, or your local physician.

If you have any questions or need assistance navigating this process, please don't hesitate to reach out to hello@loveyourschool.org! If you have more questions, we want to hear from you!

More Resources

Articles:

[Sensory Processing Issues Explained - Child Mind Institute](#)

[8 ways to help kids who are sensitive to touch and textures - Understood.Org](#)

[What is sensory processing disorder? - FamilyDoctor.Org](#)

[School Success Kit for Kids With Sensory Processing Issues - Child Mind Institute](#)

[21 Sensory Toys and SPD Exercises for Your Sensitive Child - ADDitude](#)

Books:

[The Out-Of-Sync Child: Recognizing and Coping with Sensory Processing Disorder](#) by:
Carol Stock Kranowitz, M.A.

[The Out-Of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder](#) by:
Carol Stock Kranowitz, M.A.

[The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them](#) by Elaine N. Aron, Ph.D.

[The Whole-Brain Child](#) by Daniel J. Siegel & Tina Payne Bryson

Support Groups:

[STAR Institute](#)

[Sensory Processing Disorder Parent Support](#)