

Types of Sensory Processing Disorder

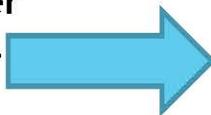
Understanding your child's sensory profile will help explain certain behaviors and reactions that allows you to respond to your child's needs more effectively.

We all have a unique sensory profile. There are 3 main types of Sensory Processing Disorders as well as 6 Subtypes Sensory Processing Disorder

Type 1- Sensory Modulation Disorder

- Sensory Modulation Disorder (SMD), the brain's ability to regulate sensory input. Good SMD is where you tune out background noise or motion when you are listening to someone speak so that you can listen to them.
- It allows the brain to decide which sensory information is important and which information should be ignored. Regulating one's attention and activity level.
- Subtype one is Sensory Over-Responsive (SOR), referred to as being "sensory defensive".
- Characteristics of an over-responsive child: covers ears when hears moderate to loud noises, avoids messy play, avoids group activities, bothered by clutter, picky eater, aggressive, difficulty with transitions, fearful of certain sounds, extremely cautious of new things, frequent, intense meltdowns, judged as being "bratty".
- Subtype two is Sensory Under-Responsivity (SUR), seems quiet, passive, withdrawn, and difficulty initiating interactions with people.
- Characteristics of an under-responsive child: doesn't cry when hurt, doesn't notice when being touched, unaware of sensation to urinate, the "perfect baby", passive and withdrawn, slow to respond, apathetic, doesn't respond to name, doesn't like physical activities, seems off in a distant land.
- Subtype three is Sensory Craving (SC), cannot sit still, constantly crashing, running, jumping, banging, roughhousing, invasive towards others, and do not understand the idea of "personal space".
- Characteristics of a sensory-seeker: in constant motion, intrusive, risk-taker, trouble taking turns in conversations, seems to be unable to sit still, frequently mouths non-food item past the developmentally appropriate age, intense and demanding personality, loves loud noises, enjoys excessive spinning, rolling, and swinging, loves extra spicy foods, hard to soothe, described as a "bull in a china shop".

Exceptional Family Member Program (EFMP) questions.



Please Call IACH EFMP at 785-240-7543 to get started.
Monday-Friday 9:00 AM-12:00PM and 1:00 PM-3:00 PM

Contact EFMP at ACS to get connected to resources, attend educational inspiring events & get involved! 785-239-1861 or email usarmy.riley.imcom.mbx.acs@mail.mil



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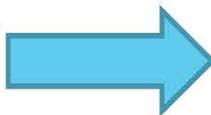
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Type 2-Sensory-Based Motor Disorder

- Sensory-Based Motor Disorder (SBMD), has impaired proprioceptive and vestibular senses. These are the two sensory systems that govern our movements. These kids have trouble with balance, coordination, and performing a sequence of movements.
- **Subtype one** is Dyspraxia can manifest as difficulties with movement such as gross motor, fine motor, or oral motor, as well as any combination or all three. As infants, these kids were slow to roll, sit up, crawl, and walk. Their movements appear awkward and they might be labeled as clumsy. They may fall a lot, bump into people and things, and be unable to complete a series of movements such as putting their clothes on such as putting their clothes on.
- Characteristics of Dyspraxia: lack of rhythm, difficulty interpreting body language, poor spatial skills, weak short-term memory, impaired fine motor skills (e.g. writing, drawing, using scissors, buttoning), poor hand-eye coordination, tendency to fall, trip, and bump into things, difficulty with bilateral coordination (e.g. clapping, crawling, writing, cutting), difficulty playing sports, difficulty pronouncing words, poor time management, difficulty following multi-step directions, strong desire for sameness and routine.
- **Subtype two** is Postural Disorder, occurs when there is low muscle tone and unable to maintain control body movement to adequately perform motor tasks. Kids with Postural Disorder tend to get tired easily and have low endurance. They may seem weak compared to other children, have poor balance, have trouble using playground equipment, and may be labeled as "lazy" or "unmotivated."
- Characteristics of Postural Disorder: tense or loose and floppy muscle tone, weak grasp on objects, difficulty getting into and maintaining a stable position, frequent slouching, difficulty shifting weight when crawling, loses balance easily, may not show a hand preference, difficulty crossing midline, may appear "lazy", tires easily, avoids movement, difficulty making eye contact.

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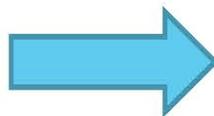
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Type 3 – Sensory Discrimination Disorder

- Sensory discrimination is the ability to interpret and distinguish messages within sensory systems .
- A child with poor visual discrimination might have trouble telling the difference between written letters such as a p or a q. A child with poor auditory discrimination might not be able to perceive different sounds such as a p or a t (Do I hear “cat” or “cap”?). When a child has poor sensory discrimination, they may appear uncoordinated and have trouble completing motor tasks like going across the monkey bars, walking down a flight of stairs, or finding their way across a crowded room.
- These kids often have trouble following directions, need directions to be repeated in order to understand what is being asked of them, and need more time than other kids to complete tasks.
- Poor vestibular discrimination--the inability of the brain to determine where the body is in space.
- Kids with poor sensory discrimination are at higher risk of developing low self-esteem, especially when they are misunderstood, and judged by parents and teachers.
- Most children with SPD have more than one type. Most common “Combination Disorders”: Sensory Under-Responsivity with Postural Disorder, Dyspraxia with Postural Disorder, Dyspraxia with Sensory-Seeking.
- Key Takeaways: Learn techniques and possibly therapies to understand and assist your child with their unique sensory processing. A child with SPD and a child with a more typical sensory profile is that the child with SPD has intense sensitivities that interfere with daily functioning.
- Despite these sensitivities, as individuals we are able to adapt and our daily lives are not impaired.

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