

SENSORY PROFILE

FOR: _____

Sensory Processing refers to the way the nervous system (brain) receives messages from the senses and turns them into appropriate motor (movement) and behavioral responses.

We all know the five senses: sight, hearing, taste, smell, and touch. There are also three additional senses, the “hidden” senses, that most of us aren’t familiar with: proprioception, vestibular, and interoception.

Most of us have never given a second thought to how we process information from our senses because it happens automatically and seamlessly, hence the general confusion about what sensory processing disorder is and how it affects children.

What if when you tried to grip a pencil you couldn't feel how much pressure you needed in order to hold it, or when you were hanging upside down, you had no idea where your body was in space, or you couldn't tell when you had to go to the bathroom? The way our brains organize sensory information impacts how we move, how we feel, and how we experience the world.

Children with Sensory Processing Disorder are sensitive to and often misinterpret the information they receive from their eight senses. This affects many areas of their emotional and physical functioning including:

- Ability to self-regulate (Cohen, May-Benson, Teasdale, Callahan, 2006)
- Ability to cope with stress (May-Benson, 1999)
- Motor skills and coordination (Koomar & May-Benson, 1999)

SPD shows up in many different ways and each child has his or her own unique sensory profile. Here is how SPD affects my child.

DEVELOPMENTAL HISTORY:

As an infant had difficulty and/or delays with:

As a toddler had difficulty and/or delays with:

Is currently having difficulty and/or delays with:

SENSORY PROCESSING CHALLENGES:

Strengths:

Main sensitivities include:

Main triggers are:

Is impacted in the following sensory systems:

BEHAVIORAL CHALLENGES:

When overstressed, has the following behavioral responses:

Behavioral strategies we've tried that work:

Behavioral strategies that do *not* work:

Strategies we use at home to stay regulated:

LEARNING CHALLENGES:

Academic strengths:

Favorite subjects:

Struggles with the following academic skills:

Least favorite subjects:

ADDITIONAL INFORMATION:

Dietary restrictions:

Current therapies: