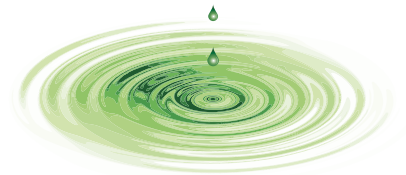


# INFORMATION AND RESOURCES



**ADDvanced Solutions**  
Supporting you to find the answers

## Recognising Sensory Processing Difficulties



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# INFORMATION AND RESOURCES



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## Recognising Sensory Processing Difficulties

Sensory processing difficulties can affect children and young people in different ways. Some can be under sensitive in certain senses and can present as sensory seekers, some children and young people can be over sensitive in certain senses and present as a sensory avoider..

### Examples of sensory avoidance:

- Complaining about smells
- Refusing to wear shoes
- Covering their ears with their hands
- Tries to avoid water: bath-time, swimming, showers
- Annoyed by labels and cuffs on clothes
- Refuses hugs
- Dislikes getting hands messy
- Needs more personal space than average
- Avoids climbing and swinging
- Avoids bright lights
- 'Picky eater'

### Examples of sensory seeking behaviour:

- Likes to smell objects and sometimes people
- Very loud
- Climbs on everything
- Deliberately bumps into people and objects
- Loves messy play
- Enjoys bright / flashing lights
- Playing rough
- Licking and chewing extensively
- Seeks out spicy and salty foods
- Moving, running, jumping constantly
- Over-eating

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