



# Parent/Carer Resource

# Sensory

# Processing



**We hope the following information might be beneficial to you.**  
**Please let us know if you have any questions.**

## **What is Sensory Processing?**

Sensation can be thought of as healthy food for the brain. Sensation from every muscle, joint, skin part, organ, nourishes the brain with information. As with a healthy diet, the brain requires a variety of sensory food to develop and function efficiently. The brain locates and organises sensation just like directing traffic. This traffic flow can become jammed, disorganised or overflowing. The brain can experience stress.

(Ref- Horwood, 2016)

## **Why is this integral at Chatten?**

All our pupils at Chatten display sensory processing behaviours and needs which require frequent input throughout the day. Tutors follow an OT target sheet which is based on the OT assessment. This is Chatten's equivalent of a sensory diet. A sensory diet is a carefully designed series of physical activities/techniques tailored to give each child the sensory input they need. Engaging in a sensory diet routine can help children to get into a 'just right state' of arousal, which can help them to attend in order to learn new skills and socialise with peers (Kate Kelly, 2018).

## **Sensory Processing Difficulties**

### **EXAMPLES OF SENSORY SEEKING OR AVOIDING BEHAVIOURS**

- Over sensitive to touch, movement, sights, sounds, tastes (avoiding sensations)
- Under reaction to touch, movement, sights, sounds, tastes e.g., seeking sensations
- Difficulties coordinating the body movements, reduced body/spatial awareness, appear clumsy, awkward, difficulty with tasks
- Displaying own self-stimulatory behaviours e.g., rocking, jumping, flapping, touching objects/people, oral seeking, covering ears, making own vocal sounds.

## **Home Life**

It is important to be flexible when meeting the needs of an individual based on a variety of factors e.g. the time of day, the environment, mood and health.

It may be useful to consider how to transfer sensory ideas to home life.

**For further learning resources please see the**  
**Online Parent Training Area on the Chatten School website**  
**<https://www.chattenfreeschool.co.uk/>**