

Do You Know Me?



If I have several of these characteristics I may have Sensory Processing Disorder

I have Sensory Processing Disorder – SPD, for short. That means my brain can't process sensations the way other people's brains do. When my brain gets information through any of my senses – sight, smell, hearing, taste, touch, movement – it doesn't always know what to do with the information. I can become very disorganized and confused! Sometimes I over-react to all this sensory input or maybe I don't react enough. Depending on what senses are involved, I may have trouble with jobs that come naturally to other kids, even feeding myself or putting on clothes. This makes it really hard for me to function at school, in public, and even at home. I might have trouble learning or making friends, and I may have a lot of tantrums and meltdowns. I can be really shy and withdrawn from everyone, even my own mom and dad!

Because I never know what's going to set off my sensory alarms, I'm often afraid of activities all the other kids enjoy. It's tough being sensational.

So do you know me? Or someone like me? Scientists say as many as 1 in 20 kids has symptoms like mine. You can do lots of things to make stuff easier. Please, be patient and understanding with kids like me. If you're my teacher or my doctor or anyone in my life, learn all you can about Sensory Processing Disorder. The Sensory Processing Disorder Foundation makes that super easy by running the biggest SPD website in the whole wide world and by putting on all sorts of cool educational events. If you're my parent, please remember there is hope and help for me in occupational therapy with a sensory integration approach.