

Sensory processing challenges

are real.

Some people are much more — or much less — sensitive than others to what they hear, see, smell, taste, or touch. Sensory processing challenges can also affect balance and movement.

can be overwhelming.

Things like bright lights and loud noises can trigger meltdowns beyond a person's control. These difficulties can lead people to seek out sensations, too — like wanting to be hugged.

are misunderstood.

Trouble with sensory processing doesn't mean a person is "difficult" or "overreacting." With the right strategies, people can thrive.

 **Sensory processing challenges aren't caused by a lack of discipline or toughness.**

Trouble areas

- Melting down from sensory overload
- Not reacting to pain, heat, or cold as expected
- Handling changes in routines
- Coordination and balance
- Invading personal space or playing too roughly
- Trying new foods
- Managing emotions

Ways to help

- 1 Strategies like removing clothing tags, dimming the lights, or using noise-canceling headphones
- 2 Fidgets or chewing gum to help sensory seekers maintain a "just right" state
- 3 Quiet spaces and advance warning about changes in routine or loud noises, like fire alarms