

7 MYTHS THAT BLOCK THE UNDERSTANDING OF SENSORY BEHAVIOR

MYTH

VS

REALITY

YOUR CHILD HAS TO BE SENSITIVE TO EVERYTHING TO HAVE SENSORY ISSUES

THEY CAN BE OVERSENSITIVE OR UNDER SENSITIVE TO STIMULI WE ALL HAVE DIFFERENT PREFERENCES

THERE ARE ONLY 5 SENSES

THERE ARE 8 SENSORY SYSTEMS TACTILE, OLFACTORY, GUSTATORY, AUDITORY, VISUAL, VESTIBULAR, PROPRIOCEPTIVE & INTEROCEPTIVE

YOU JUST NEED TO GIVE THEM MORE SENSORY INPUT

IT'S NOT ABOUT MORE, IT'S ABOUT THE RIGHT KIND OF INPUT TO MEET THEIR SPECIFIC NEEDS

THERE IS NOTHING YOU CAN DO TO HELP THEM, THEY WILL JUST OUTGROW IT

THERE ARE MANY RESOURCES AND STRATEGIES THAT CAN HELP THEIR SENSORY PREFERENCES MAY EVOLVE OR CHANGE OVER TIME BUT MANY EVEN STRUGGLE AS ADULTS

SENSORY IS JUST MESSY PLAY AND GETTING YOUR HANDS DIRTY

IT CAN BE ANYTHING RELATED TO USING YOUR SENSES

THIS IS ONLY AN ISSUE FOR KIDS WHO HAVE OTHER DIAGNOSIS LIKE AUTISM, ADHD ETC

MANY CHILDREN STRUGGLE WITH SENSORY ISSUES IN FACT IT IS PRETTY COMMON UP TO 20%

YOU JUST NEED TO DISCIPLINE YOUR CHILD MORE

MY CHILD IS ACTING OUT BECAUSE THEY ARE OVERWHELMED OR FEEL UNSAFE UNDERSTANDING, NOT PUNISHMENT WILL HELP