DO YOU KNOW ME?

I hate having my hair washed, brushed or cut
I cry and shield my eyes from the sun and other bright lights
I have “selective hearing” or difficulty listening
I am overly sensitive to loud sounds such as vacuums and blenders
I complain about tags in my clothing
I am always smelling people, food and objects
I chew on everything
I have poor fine motor skills, such as handwriting and cutting
I have difficulty dressing myself
I sit with my legs in a “W” position
I put my socks on “just so” or maybe I never go barefoot
I hate being tickled or cuddled
I have poor gross motor skills, such as running and riding a bike
I am a picky eater; I resist new foods and textures
I have “selective hearing” or difficulty listening
I seem to be unaware of normal touch or pain; I often touch others too soft or too hard
I hate being tickled or cuddled
I have poor gross motor skills, such as running and riding a bike
I always walk on my tip toes
I have trouble focusing and/or concentrating
I am always smelling people, food and objects

I’m a Sensational Kid!

I mean, I have Sensory Processing Disorder. That just means that my brain can’t process sensory information the right way. When my brain gets information through any of my senses — sight, smell, hearing, taste, touch, vestibular or proprioception — it doesn’t always know what to do with that information and I become very disorganized and confused. Sometimes I overreact to this sensory input and sometimes I don’t react enough. 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. I might be really shy and withdraw from everyone, even my own mom! I might have trouble coping and have a lot of tantrums and meltdowns. I might be afraid of a lot of activities that kids usually enjoy. It’s super tough.

So, Do You Know Me? Or maybe someone like me? Well, there are lots of things you can do to help me. Being patient and understanding is a great place to start! But then you need to talk to my doctor or an Occupational Therapist and they can help you to help me feel better, learn better, behave better and get better!

Oh, yeah! I really am sensational, by the way!

www.sensorystreet.com www.cafepress.com/SensoryStuff

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