



Physical Rehabilitation Department *Sensory integration therapy*

Guidelines for Hyposensitive Child

Hyposensitivity

child with the problem of hyposensitivity shows decreased sensitivity to touch, motion or any other sense.

Normally we all

- want to know that how certain thing feels on our skin
- like to feel breeze or hugs or the texture of some clothes.
- love to jump or to listen some music.

It is quite natural to crave sensations but within limits.

Hyposensitive child may crave more than normal and show some sort of uncontrolled behaviour in an effort to seek more sensory stimulus to fulfill his/her craving or Sensory need.

For example:

- enjoys fast movements
- seeks out surfaces and textures that provide strong sense of touch.
- decreased awareness of being touched or bumped unless done with extreme force or intensity.
- Often hurts others or pets while playing without knowing that it is painful for others and also for that child himself.



Hyperactivity:

A hyposensitive child may behave as hyperactive/overactive i. e. constantly in active state.

He/she will show very high levels of energy because he/she may not be able to satisfy his senses by the limited stimulus from the environment and put his/her physical efforts to get more stimuli to become comfortable which seems to other people an over-activity.

It is actually his/her urge to fulfill his/her sensory need (cravings of touch or movement or sound etc).

Sensory Processing Disorder is one of the known causes of hyposensitivity in children.

SENSORY PROCESSING DISORDER

Child with sensory Processing Disorder has difficulty in responding to his/her surroundings from where he/she is receiving a lot of sensory stimulus through his/her body parts like

- Hearing from ears.
- Touch from skin i. e. Tactile input (touch with hands or feet or all over the body or even with tongue)
- Smell from nose.
- Taste from mouth.
- See with eyes (different types of light; sharp or dim)
- Balance (how to control body in different spaces like uneven surfaces)
- Recognition of body or feeling his body comfortable or uncomfortable in different spaces like messy area, narrow area like corners or widened areas

like big rooms or halls

- Child does not understand how to react to cope up with different environmental conditions.

SENSORY INTEGRATION THERAPY:

It involves specific **sensory** activities which are designed by sensory therapist according to the need of the child so that the child's response to different sensory stimulus/input like light, sound, touch, smells or other input can be optimized to some extent.

Need to channelize the energy of hyperactive child:

The energy in an hyperactive child is obviously uncontrolled and undisciplined as he/she does not know how and when to start or stop an activity, so here are some strategies to help parents how to channelize or utilize that energy in some productive form.

The activities given below will help child to be more organized and settled.

Child's problems and possible solutions:

These are some common problems faced by hyposensitive children.

Sense of vision

Problems:

- Trouble to figure out where objects are located in the space and hence they have tendency to crash or bump into things.
- Being attracted towards lights; they may stare at the sun or a bright light bulb.
- Face difficulty to fix and follow their gaze after moving objects
- Cannot remember the shapes even the basic shapes like square, circle etc.
- May mix the directions from left to right or right to left, and may not know about depth.

Possible solutions:

- Visual tracking (make your child to move his eyes with moving objects using bright colors and lights)

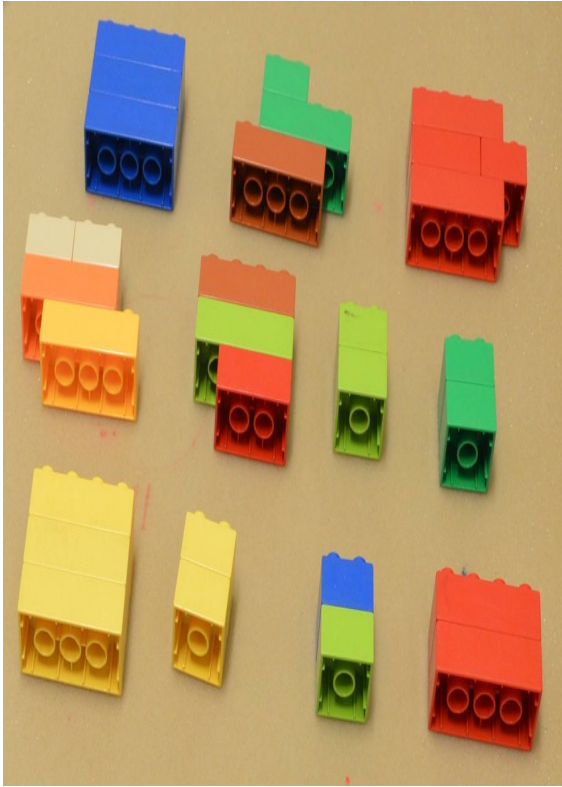


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- Work on eye hand coordination (arrange activities like beading, hand or finger painting, building blocks etc.)





- Work on eye foot coordination (design games like kicking a ball or follow a pattern drawn on floor)



- Give concept of different shapes, play sorting games like sort out a specific shape from a number of things mixed randomly.





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sort by colours



sorted

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Complete the pattern



desired pattern

- Play puzzle games (jigsaw puzzles for example) to improve visual memory.



- Use spatial vocabulary (i. e. Sentence to give direction) Instead of using “here” or “there” in your everyday language for example “on the top shelf of the cupboard to the right,” or “the third to the left behind the box”.

Spatial Sense Vocabulary

top

bottom

left

right

corner

inside of

outside of

halfway

diagonal

straight

down/up

horizontal

vertical

middle

beside

over

above

under

on top

Outside

Tick Outside



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Fall In and Out
Sort

In

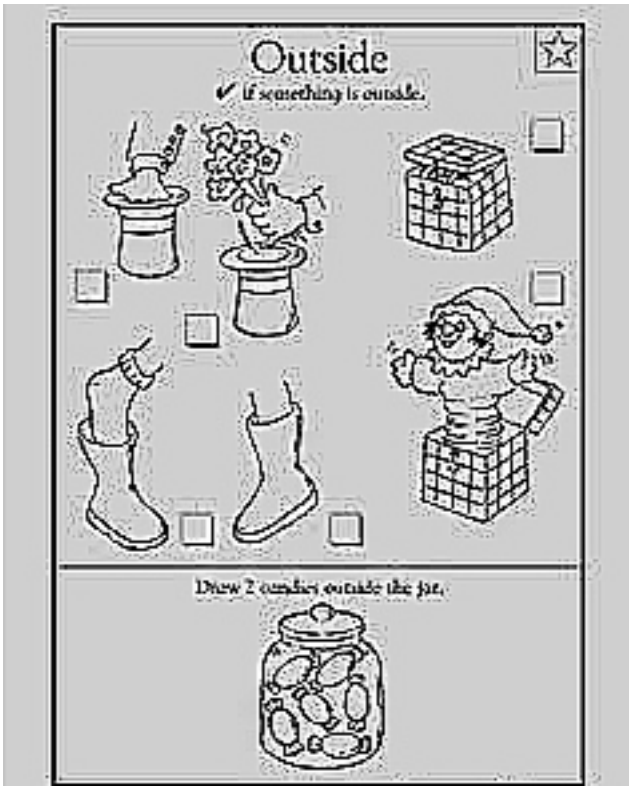


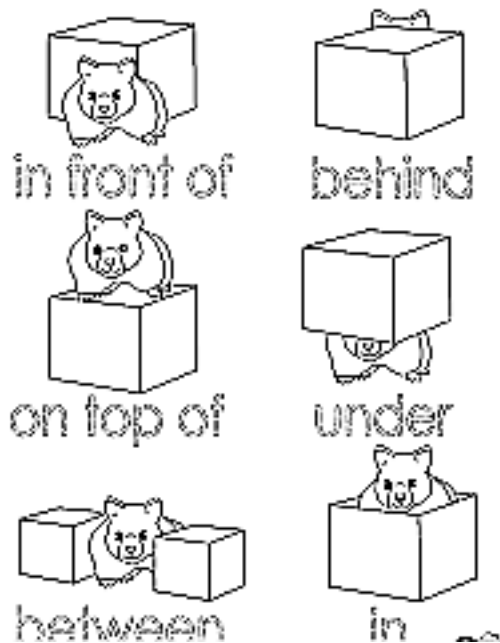
Out



Fall In and Out
Sort

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- Paint the child's hand with contrast colors and mention directions on differently colored hands.



- Environmental adjustments (use bright and sharp colors in your child's surroundings for examples have darker paints, curtains or bedding materials)

Sense of Hearing

Problems:

- 'Seek sounds' (leaning their ear against electric equipment or enjoying crowds, sirens and so on).
- Like kitchens and bathrooms – the 'noisiest' places in the house.
- often create sounds themselves to stimulate their hearing – banging doors, tapping things, tearing or crumpling paper in the hand, making loud rhythmic sounds.

Possible solutions:

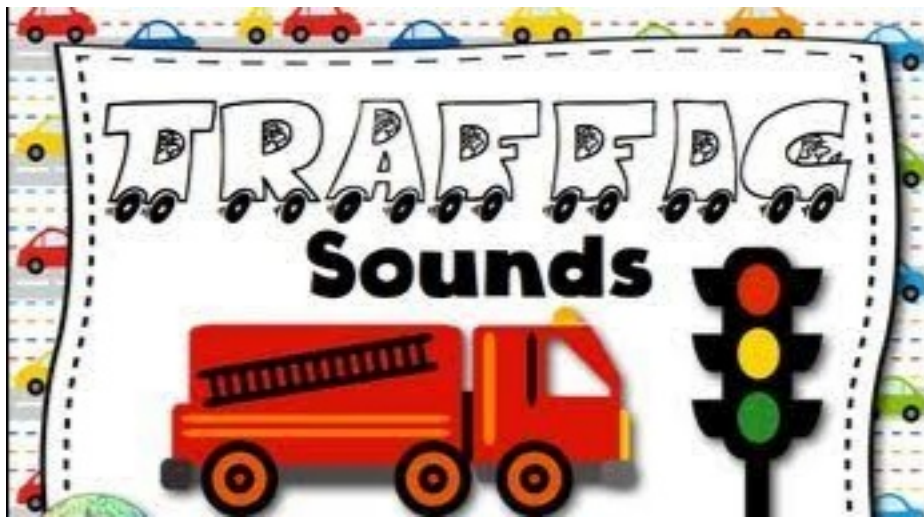
- Use hearing aid.



- Provide quiet room or space to retreat.
- Introduce with sounds of different intensities (play music of different kinds like fast or soft music)



- Introduce with sounds of daily living for example sounds of traffic etc.

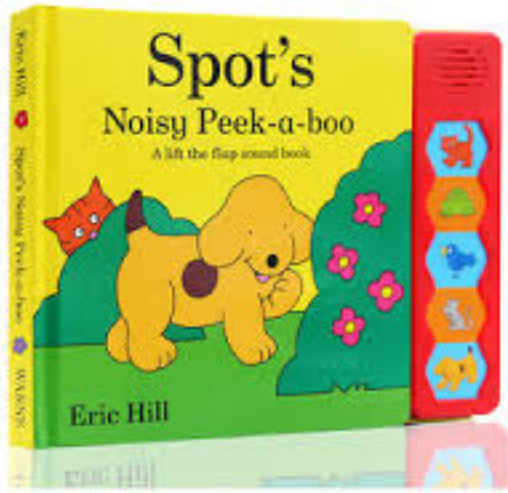


- Give exposure to sound machines of daily living, provide musical toys





- Give pre-recorded books.





Sense of Taste and Smell

Problems:

- Chew and smell everything they can get (e.g. grass, play dough).
- mouth and licks objects, play with faeces
- Eat mixed food (for instance, sweet and sour) and regurgitate.
- Children with oral hyposensitivity may have difficulty in chewing and taking the food inward i. e. Swallowing.

Possible solutions:

- If the child puts everything in mouth, replace it with some chewing tubes (it releases stress) or provide a chewing gum



- Give chilled and solid fruits, chopped in large cubes (so that chewing may take more time)

- Give whole wheat bread in large bites.
- Give strong flavored food. For example give two flavored items at a time, one thing should be spicy or other may be sweet.
- Give your child more water so to avoid dry mouth and feed only when your child is hungry.
- Use straw and let your child suck forcefully and let him lick some ice-cream.



Sense of Touch

Problems:

- Seems not to feel pain or temperature.
- May not notice a wound caused by a sharp object or seem unaware of a broken bone.
- Prone to self-injuries and may bite his/her hand or bang his/her head against the wall, just to feel he/she is alive.
- like pressure, tight clothes,
- Often crawl under heavy objects.
- Hug tightly and enjoy rough and tumble play.

Possible solutions:

- Wilbarger brushing protocol (apply deep pressure on skin using a brush or a sponge)



- Expose to differently textured materials and surfaces



Beans.

- Environmental modification for example changes in clothing, use tight fitted leggings or shirts
- Bare footed walk on grass,sand,and soil



- Provide some messy play for example let him spoil his hands with mud , dough or paint.



- Deep pressure on joints.



- Wrap in a mat or a sheet of cloth excluding face (only if child allows).



- Take advantage of bath time (wash quickly and rub adequately).

Note: Give tactile stimulation every two hours using any of these techniques.

Balance and Body awareness

Problems of Children with vestibular (balance) hyposensitivity

- Enjoy and seek all sorts of movement and can spin or swing for a long time without being dizzy or nauseated.
- Rock forward and backward or move in circles.

Problems of Children with Proprioceptive (body awareness in space) hyposensitivity

- Have difficulty in knowing where their bodies are in space and are often unaware of their own body sensations, for example, they do not feel hunger.
- Appear floppy, often lean against people, furniture or walls.
- bump into objects and people.
- Stumble frequently and have tendency to fall.
- Weak grasp and drop things.

Possible solutions:

- Pushing or pulling a cart or some furniture or taking groceries from the car.



- Swimming if possible.
- Tug of war.



- Running for short races or hanging upside down.



- climbing and swinging or spinning.
- ride on a rocking horse or a rocking chair.



- Arrange sitting on some unstable or rolling cushion or use a therapy ball to provide more movement.



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- Rolling or wrapping in a sheet of cloth.



- Play with kinetic sand for finger dexterity or squeezing activities (squeeze

a ball or a paper).



Sense of Smell

Problems:

Child who cannot differentiate smells

- tries to smell every object.
- does not have an idea of bad and good smell that is why he/she try to put everything in mouth in order to explore through taste. This can be very unhygienic and dangerous too as the child can eat some poisonous thing.

Possible solutions:

Here are some tricks you can use to make your child aware of good and bad smells;

- Give exposure with strong smells using essential oils (lavender oil, lemon oil, rose oil and jasmine oil etc)



- Give concept of good and bad smell using your face expression and make him learn to stay away from bad smells.



- Arrange a game (put a band on the eyes) in which child has to guess the specific smell, if he guesses right appreciate him, and try until he can differentiate that smell.



- Teach your child about the sign boards that portrait warnings about danger (fire or dangerous gases)



- Give concept of good smells by showing different fruits and then let him eat that fruit as a reward.

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