Hope

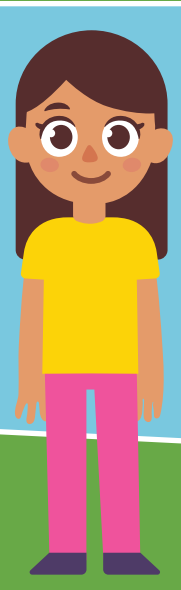
SENSORY SENSITIVITIES FOR INDIVIDUALS WITH AUTISM

INCREASED SENSITIVITIES

Many children with autism experience increased sensitivities to environmental stimuli like lights, sounds, tastes, textures, and more.

SENSORY SEEKING BEHAVIOR

Children with autism may seek certain sensory inputs and may engage in behavior like body rocking, hand-flapping, toe walking, or spinning.

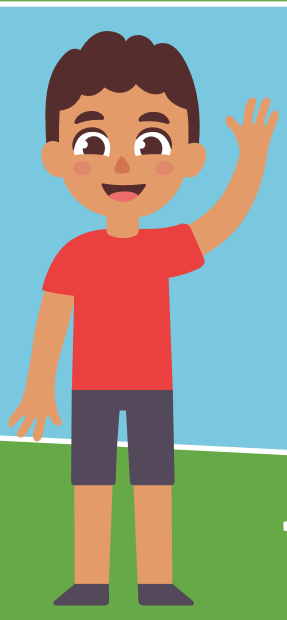


PERSONAL DIFFERENCES

Processing every day sensory information can be difficult for children with autism. Children may be over-sensitive or under-sensitive at different times.

IMPACT ON DAILY LIFE

Sometimes sensory sensitivities, if they are too great, can cause stress, anxiety, or even pain, which can impede a child's ability to fully participate in certain activities.



SENSORY INTEGRATION

Sensory sensitivities can lead to issues with sensory integration like poor motor coordination, poor balance, resisting certain touches, or aversions to lights and sounds.

UNDERSTANDING & SUPPORT

It is important to understand the sensory sensitivities of children and create supportive environments that are sensory-friendly.