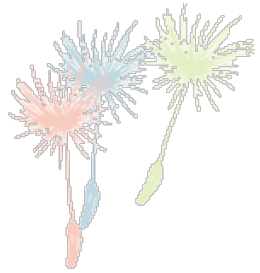
Exploring the Senses:
Session One
An Introduction to the Sensory Systems

Bethany Brewin, M.Sc. OT
(Occupational Therapist)

Autism ONTARIO

Outline

1. Why is Sensory Development Important?
2. What is Sensory Integration/ Sensory Processing?
3. Sensory Development and Autism
4. Sensory Development and our Environment
5. Sensory Challenges



Imagine this…



Imagine this…



Why is Sensory Development Important?

Using our senses is important at every stage of development, particularly in **infancy and early childhood**.

The **senses contribute to our learning** through sight, smell, touch, taste, sound, body awareness, and gravitational awareness.



What are the Senses?

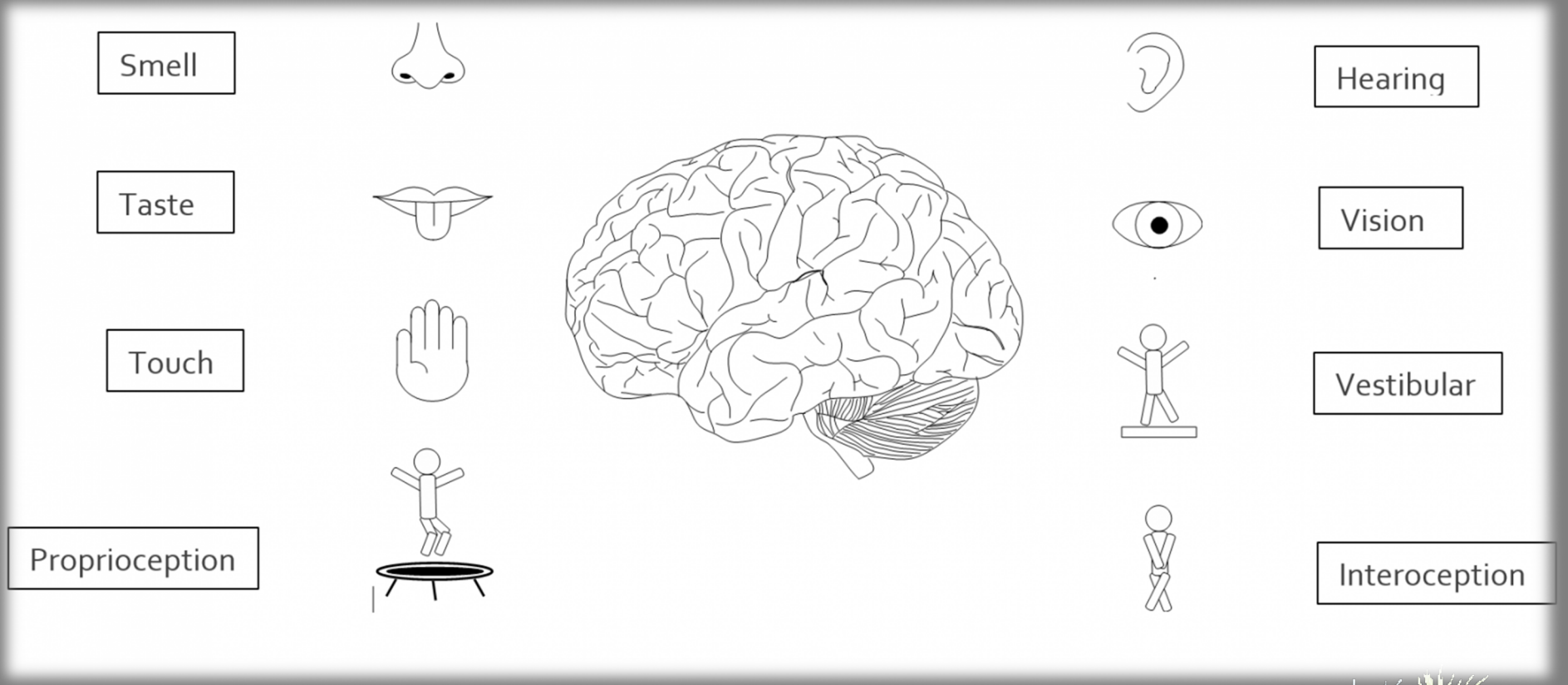


Image from AIDE Canada: “Sensory Processing Toolkit”:
Sensory Processing Differences Toolkit (aidecanada.ca)

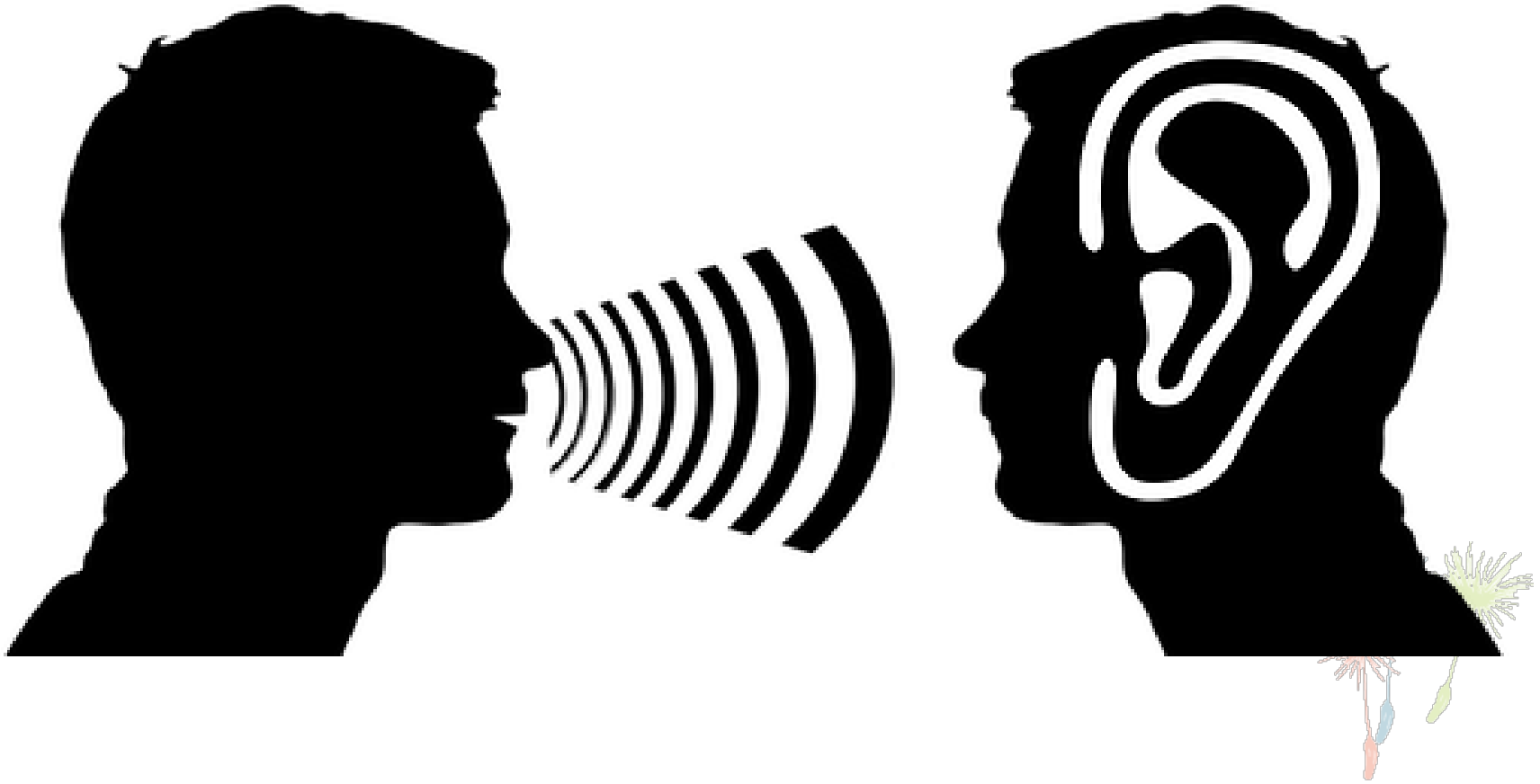
What is Sensory Integration?

"An individual's ability to ***organize, integrate****, and* ***process*** *sensory information received from* ***inside the body*** *and from the* ***external environment*** *to produce* ***purposeful and goal-directed responses.***"

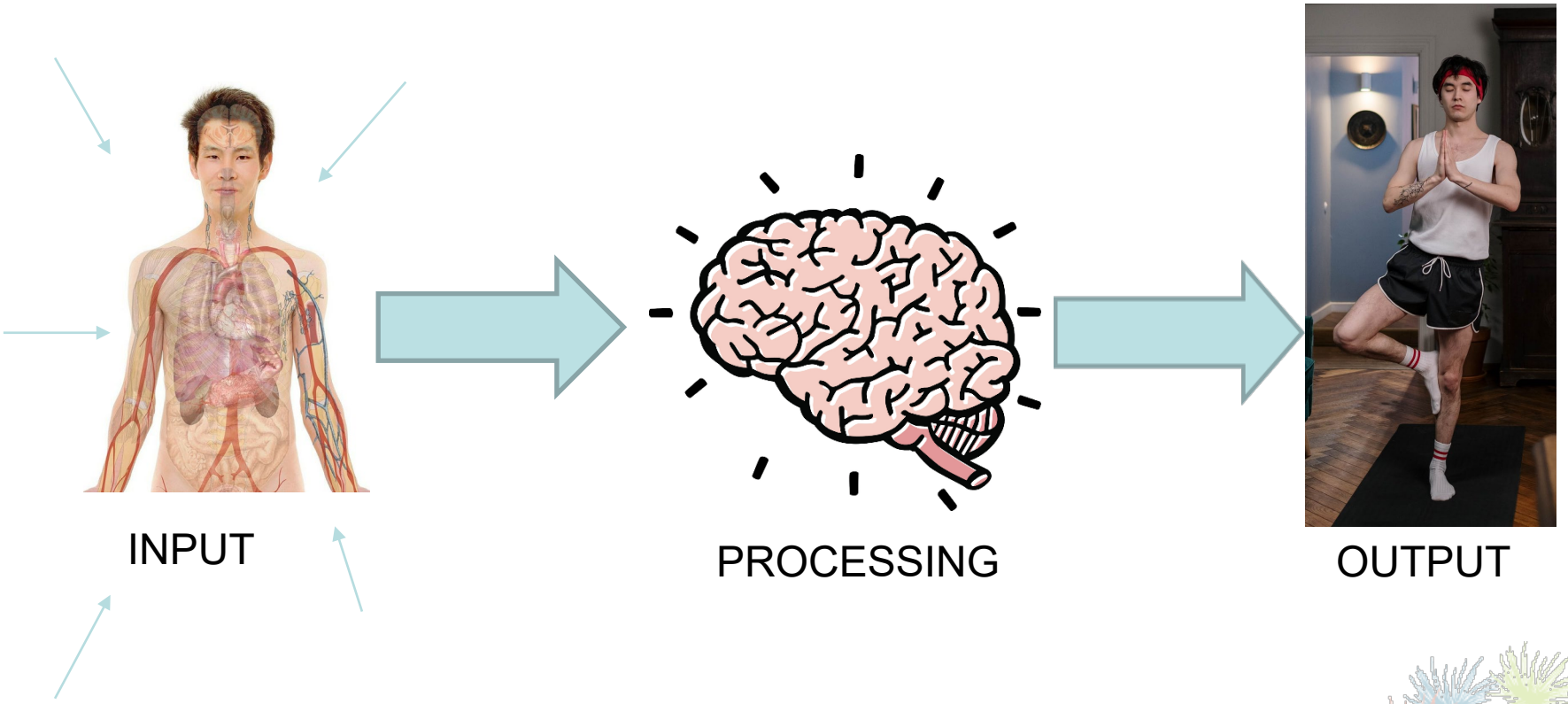
(Reed, 2001).



Sensory Integration



Sensory Integration



“Sensory Integrative Dysfunction”/ “Sensory Processing Disorder”



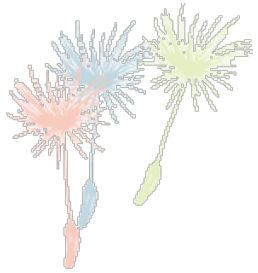
INPUT



PROCESSING



OUTPUT/RESPONSE



Habituation

- Over time, the brain may become used to repeated sensory input.
- Difficulties with sensory processing may be related to abnormal habituation responses.



Sensory Development and Autism

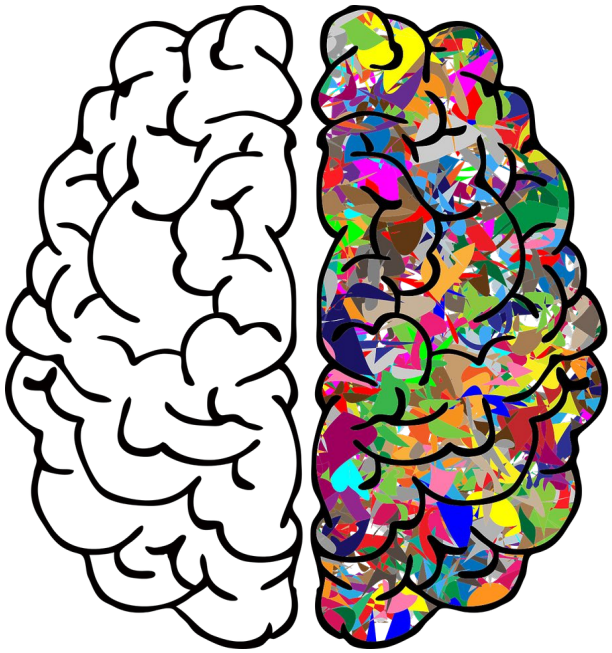
Sensory differences:

- Are included in the diagnostic criteria for ASD.
- Have been noted across the ages/lifespan (infant to adult).



Sensory Development and Autism

Research is currently being completed to better understand how sensory differences relate to specific brain structures and connections.



Sensory Development and our Environment









Signs of Sensory Challenges



Signs of Sensory Challenges



Mindfulness Reflection



Next Sessions

Session Two:

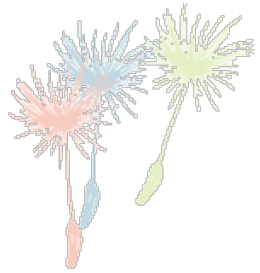
Date: Wednesday June 1st, 12-1 pm

Exploring the Senses: Sensory Detective—Understanding unique sensory needs

Session Three:

Date: Wednesday June 15th, 12-1 pm

Exploring the Senses: Sensory tools and strategies for children



Questions?



Image from Pexels.