

please consider doing these things to
help a

Sensitive Child

feel more comfortable

If someone is Hypersensitive to Touch (Over-Responsive)

- May become very distressed from dirty clothes, so change them as soon as needed
- May not like to be held or cuddled, so give them their personal space
- May overreact to rain drops, wind blowing, minor scrapes, bruises, & bug bites
- May be bothered by different fabrics, bed sheets, blankets towels, rugs & even plush toys
- May not enjoy messy play & becomes frustrated when hands are dirty

If someone is Hyposensitive to Touch (Under-Responsive)

- May crave to touch everything & everyone
- May not be aware of touch unless done with force, so may not realize injuries
- May not feel dirt on their face or body
- May be more rough in physical play with others & may even be physical to oneself
- May enjoy touching all materials & might like strong sensory or even vibrating objects

If someone is Hypersensitive to Movement (Over-Responsive)

- May move slowly & cautiously, might suffer from motion sickness or poor balance
- May dislike movement, or using escalators & elevators
- May avoid moving play such as slides, swings, bikes, jumpers, & merry-go-rounds
- May be scared of heights, so ladders or even going up & down stairs can be scary
- May startle by sudden movements around them or to them, example - pushing in their chair

If someone is Hyposensitive to Movement (Under-Responsive)

- May have difficulty being still, prefers to be in constant motion
- May love intense movement such as being thrown in the air, running, sprinting, spinning, jumping, & fast thrilling rides. May even rock or shake body often
- May enjoy sudden & quick movements
- May have poor muscle tone and/or coordination

If someone is Hypersensitive to Sound (Over-Responsive)

- May be distracted by sounds not noticed by others such as humming, fans & ticking
- May be fearful of loud sudden noises such as flushing toilets, vacuums, or dog barks
- May be bothered by squeaky shoes, background noise, someone singing, or tapping
- Might not like loud public places, playgrounds, amusement parks, & movie theaters
- May often cover ears & even cry from noises

If someone is Hyposensitive to Sound (Under-Responsive)

- May be oblivious to certain sounds
- May not respond to verbal cues, might not realize when name is called
- May love making noise or even talking to self
- May like loud music & TV
- May have difficulty remembering or understanding what was said

If someone is Hypersensitive to Oral Input (Over-Responsive)

- May be very sensitive to certain food textures & tastes
- May gag, choke, or even vomit often
- May have difficulty sucking, chewing, or swallowing - especially as a baby
- May prefer only hot or cold foods
- May dislike toothpaste, mouthwash, brushing teeth, & even going to the dentist

If someone is Hyposensitive to Oral Input (Under-Responsive)

- May always put objects in mouth & repeatedly chew or suck on hair, fingers & shirt
- May have excessive drooling during & past the teething stage
- May lick, taste, or even chew non edible objects
- May prefer strong intense flavors, otherwise food may taste similar & bland
- May love vibrating chew toys, toothbrushes, & even trips to the dentist

If someone is Hypersensitive to Smells (Over-Responsive)

- May be bothered by or dislike smells that typically would go unnoticed
- May talk about how funny things smell
- May refuse certain foods based on their smell
- May be irritated by perfume, cologne, baking, cleaning, or other household smells
- May stay away from certain houses or businesses because of the way they smell

If someone is Hyposensitive to Smells (Under-Responsive)

- May have difficulty smelling any odors (be careful with chemicals around the house)
- May not notice bad tastes (be careful with spoiled foods)
- May not be able to smell scratch n' sniff stickers
- May want to excessively smell objects or people

If someone is Hypersensitive to Visual Input (Over-Responsive)

- May be sensitive to bright or excessively dim lights
- May squint, cover eyes, cry, & even get headaches from the light
- May have difficulty keeping eyes focused on a task for a normal amount of time
- May rub eyes, have watery eyes, or get headaches after reading or watching TV
- May avoid eye contact

If someone is Hyposensitive to Visual Input (Under-Responsive)

- May have difficulty with tracking & differentiating between similar objects
- May focus on the details or patterns instead of the "big picture"
- May have a hard time searching for items, example - finding a toy in the toy bin
- May have difficulty controlling eye movement, following an object
- May lose place while reading or doing math problems
- May have trouble with jigsaw puzzles & cutting or tracing along a line

