



## A Practitioners Guide to Sensory Processing

Children with sensory processing difficulties may struggle with processing and responding to sensory information in their environment, which can impact their behaviour, emotions, and ability to learn. As a teacher in the early years, it is important to understand how to support these children and create a positive learning environment for them.

Sensory processing difficulties refer to a condition where an individual has trouble processing sensory information, which can lead to problems with motor skills, emotional regulation, attention, and behaviour. These difficulties can manifest in different ways, depending on the individual's sensory system. For example, some children may be overly sensitive to sensory stimuli, while others may seek out sensory stimulation.

Children with sensory processing difficulties may find it challenging to focus and learn in a traditional classroom environment. They may experience distractions from sensory stimuli, have difficulty following instructions, and struggle to engage in group activities. This can lead to feelings of frustration, anxiety, and low self-esteem.



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