

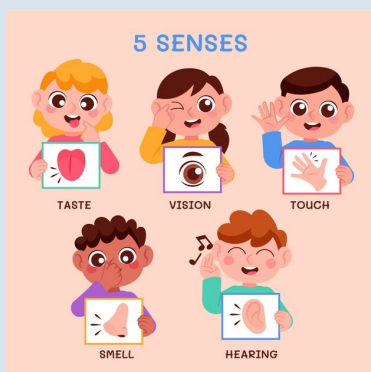


Synergy Psychology Limited

April Newsletter

Hello and welcome to our April newsletter. We hope you find the content useful!

Did you know that there are eight sensory systems? Children are mostly taught the main five:



In sensory assessments, there are two senses which are a little less known yet cause the most difficulties for children, young people and staff... proprioception and vestibular.

Proprioception

Proprioception is concerned with pressure on the muscles and joints in our body. Children exhibiting seeking behaviours in this sense often slap, bang and hit their hands against people or things and stomp their feet when walking. Some children love tight fitting clothes, Velcro or lace their shoes really tightly or love to be wrapped up or have people play roughly/lay on them. It is all about feedback to this system and the application of pressure. You may even see some of your children place two feet of their chair on top of their own feet. Whilst it looks uncomfortable, it gives them great feedback!



Vestibular

The vestibular system is focussed on movement. You may have lots of children or young people in your school who are vestibular seeking and struggle to sit still for an appropriate length of time. When a child's vestibular system is out of balance it is very difficult for them to focus as their brain is telling their body that it needs movement. Supporting children who seek movement is easily incorporated into the school day but must always be followed by a proprioceptive activity. Vestibular input can last for several hours so should always be monitored for effect and ceased immediately if there is a negative effect.



Overview

Proprioceptive and vestibular seeking behaviours are some of the most commonly seen when children and young people are referred for a sensory assessment.

These two sensory systems can seemingly be the most disruptive in terms of behaviour in the educational or home setting but can be easily supported.

If you feel a child in your class would benefit from a sensory assessment, contact your local authority or alternative services.



Julie O'Connor
synergypsychology@outlook.com
07939 328755