

Here at OT 4 Kids & Therapeutic Center in Los Angeles, we focus on enabling children with physical, sensory, and cognitive disabilities to live their lives as independently and as rich as possible. Traditionally, occupational activities are meaningful activities that we participate in on a daily basis. For children their main occupations are school, play, and socialization. Occupational therapy helps to address underlying deficits that impact a child's ability to participate in these environments to their full potential. We provide a number of programs that focus on improving a child's occupational deficiencies through Sensory Integration Therapy.

Everyday, we gain sensory experiences through touch, movement, body awareness, sight, sound, and the pull of gravity. Sensory Integration is the brain's ability to organize and interpret sensory information we receive to use it in a meaningful way. This provides the foundation for later, more complex, learning and behavior.

Symptoms & Deficiencies

- **DIFFICULTIES WITH SOCIO-EMOTIONAL SKILLS**
(transitions, impulsivity, frustration tolerance, empathy)
- **DIFFICULTIES WITH SELF REGULATION**
- **POOR BODY AWARENESS**
- **HANDWRITING DEFICITS**
- **DIFFICULTIES WITH BALANCE AND MOTOR COORDINATION**
- **DEFICITS IN MOTOR SKILLS**
(gross and fine),
- **DELAYS IN ACADEMIC ACHIEVEMENT**
- **OVERALL DIFFICULTIES ACCESSING THEIR DAILY OCCUPATIONS IN COMPARISON TO THEIR PEERS**
- **HYPER OR HYPO RESPONSIVE TO SENSORY INPUTS**
(auditory, tactile, movement, smells, taste, etc.)

- SIGNS OF SENSORY PROCESSING DYSFUNCTION:**
- 1)Overly sensitive to touch, movement, sights, sounds, or smells.
 - 2)Under responsive to touch, movement, sights, sounds, or smells.
 - 3) Fearful of movements and heights.
 - 4) Easily distracted, difficulty focusing, or difficulty sitting still.
 - 5)Impervious to sensations that most would notice (i.e. craving constant motion, not noticing pain, overstuffing their mouth, or being a picky eater).
 - 6) Social and/or emotional problems.
 - 6) Overall clumsiness, messiness, carelessness, and avoidance of gross motor activities.
 - 7) Activity level that is unusually high or low.
 - 8) Inability to unwind or calm down.
 - 9) Impulsive, lacking self-control.
 - 10) Difficulty making transitions between tasks.
 - 11) Poor self-concept/body awareness.
 - 12) Delays in academic achievement, often appears learning disabled.
 - 13) Delays in speech, language, and overall motor skills. Children with SPD are often known to have difficulty regulating or modulating sensory input.

THEY ARE EITHER HYPO-RESPONSIVE (UNDER-REACTIVE TO THE STIMULUS) OR HYPER-RESPONSIVE (OVER-REACTIVE TO THE STIMULUS). A FEW EXAMPLES OF THESE INCLUDE:

- 1.)Visual: Seek out fast moving TV programs or video games OR avoid large crowds, birthday parties, etc.
- 2) Auditory: Seek out noise OR have adverse reactions to vacuums, blenders, airplanes, loud noises, laughing, crowds, etc.
- 3) Touch: Touch everything OR don't like tags in clothing, being touched, messy hands, glue or Play-Doh, brushing teeth, etc.
- 4) Olfactory: Smells everything OR comments on unnoticeable smells.
- 5) Gustatory: Licks / Puts everything in mouth, overstuff mouth OR is aversive to a variety of foods (Picky Eater).
- 6) Vestibular: Seeks out constant movement, fidgets, and presents with decreased attention to task OR dislikes movement such as when tipped backwards for diaper changes or hair washing, or are fearful of swings and slides, etc.
- 7) Proprioceptive: Seeks hugs frequently, purposefully bumps into objects, people or falls on floor, likes small spaces, loves rough housing, climbs frequently, stands close to others, likes tight objects, pushes hard on pencils, chews on non-edibles, OR prefers stationary play