

Does my baby have sensory issues?

Having a baby who has sensory issues feels like you're riding a roller coaster: at times it can be exhilarating, and other times you may feel fearful because you don't know what is coming next, nor do you have any means to anticipate or control the outcome. A baby with sensory issues may react in a variety of ways: they may overreact or underreact to stimulation, including things they see, touch, the ways that they are moved, and food texture.

Signs can include:

- ✓ Crying as soon as their diaper is dirty or when new clothes are put on; prefers to be naked
- ✓ Reacts to temperature; is always hot or always cold
- ✓ Does not cuddle and withdraws from being touched by crying, looking away, or pulling their arms or legs away
- ✓ Stiffens if touched around their mouth
- ✓ Either has no awareness of an object placed on their hands or feet or may respond with panicked, frantic movements
- ✓ Pulls away or panics with stiff, textured, or non-smooth toys
- ✓ Unable to track objects
- ✓ Cries with up and down movement, hysterically cries with car or stroller rides, or throws up with movement
- ✓ Resists rolling so their head doesn't have to change positions
- ✓ Resists crawling and will immediately try to stand up; prefers standing before their body is ready to stand
- ✓ Cries, rejects, or vomits when puréed or new foods are introduced



The earlier that sensory issues are identified, the more success a child will have in later years and the more they can learn about their bodies to gain skills to regulate themselves. We take both the traditional and non-traditional approach to addressing these issues.

- **The traditional approach** utilizes the results of standardized tests to implement a treatment plan addressing tactile, visual, vestibular (movement), and proprioception concerns.
- **The non-traditional approach** includes a craniosacral assessment to identify restrictions that may impact a child's ability to regulate. This impacts a system called the reticular activation system. Simply, it is an alert state that causes your child to go into a fight, flight, or freeze emergency mode. CST calms that system allowing your child to regulate and normally interact with their environment and people.

Contact us today to schedule an evaluation.

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