

# The Sensory Powerhouses

MICHIGAN  
Pediatric  
Therapy  
A Path Forward



**The sensory powerhouses drive us to learn, grow, and expand. The sensory systems are designed to help us conquer the challenges of our world. However, when a powerhouse misfires, a child is faced with a chaotic world that is hard to understand and manage.**

Powerhouse	What does it do?	What happens if this system misfires?
<b>Vestibular</b>	<ol style="list-style-type: none"> <li>1. Responds to gravity and the constant flow of sensory information</li> <li>2. It lets us know where we are in space giving us a sense of direction</li> <li>3. It tells us if we are moving</li> <li>4. It stabilizes our eyes</li> <li>5. It's the boss and regulates all our other systems</li> </ol>	<ol style="list-style-type: none"> <li>1. A child will always need to move, tumble, and fall</li> <li>2. Child may not understand heights; will not be safe</li> <li>3. Child will cry easily</li> <li>4. Can't judge how close they are to others</li> <li>5. Easily triggered to fight, run, or freeze</li> <li>6. Will sit to go through doorways</li> <li>7. Will not allow head to be tilted, e.g., to wash hair</li> </ol>
<b>Proprioception</b>	<ol style="list-style-type: none"> <li>1. This system takes in all of our information regarding our muscles and joints</li> <li>2. Tells us how our body's parts relate to each other</li> <li>3. Tells us how to grade our muscle movements</li> <li>4. How fast, slow, soft, or hard to accomplish a task</li> <li>5. Develops our body map</li> <li>6. Helps us with speech production and planning how to move our body through our environment</li> </ol>	<ol style="list-style-type: none"> <li>1. Child is always clumsy and uncoordinated</li> <li>2. Shaky and disorganized letters, sloppy work, poor body awareness</li> <li>3. Easily fatigued</li> <li>4. Needs increased concentration to move body</li> <li>5. Banging head/hand on purpose</li> <li>6. Leaning on others for support</li> <li>7. Love roughhousing</li> <li>8. Stubborn and uncooperative</li> </ol>
<b>Tactile</b>	<ol style="list-style-type: none"> <li>1. Keeps the brain organized by processing touch information</li> <li>2. Develops awareness of self</li> <li>3. Gives body information about how something feels: soft, hot, cold, rough</li> <li>4. Light touch is alerting</li> <li>5. Deep pressure touch is organizing</li> <li>6. Forms our concept of our world</li> </ol>	<ol style="list-style-type: none"> <li>1. Child may not want to touch or be aware of touch</li> <li>2. Excessive reaction to tags and clothing</li> <li>3. Can only give touch, can't receive it</li> <li>4. Consistently chewing on clothes</li> <li>5. Child has no awareness they are hurt, bruised, or bleeding</li> <li>6. Can't orient to touch or position of clothing</li> </ol>

**If you think your child may be struggling with sensory issues, please reach out.**

**Contact us today to schedule an evaluation.**

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