

It Makes Sense!

Sensory Processing Disorder

Taste (Gustatory):

Under-reactive signs:

- Seeks or craves strong tastes such as sour, spicy, salty, bitter or bold flavors
- May lick non-food objects excessively or drool

Over-reactive signs:

- Seeks calming tastes in the mouth such as bland or sweet foods
- Often avoids certain flavors or combinations of food (i.e., a sandwich)

Seeing (Visual):

Under-reactive signs:

- Seeks bright lights & colorful environments (otherwise seems bored)
- May have difficulty with focusing, writing, puzzles, coloring or cutting

Over-reactive signs:

- Upset with bright lighting
- Avoids eye contact
- Feels distracted, irritable or emotional in busy or crowded environments
- Enjoys the dark or dim lighting

Hearing (Auditory):

Under-reactive signs:

- Needs directions or name called repeatedly for a response
- Misinterprets what's been said, and has difficulty attending to details causing frequent upsets

Over-reactive signs:

- Easily distracted by noises
- Hypersensitive to loud sounds
- May avoid parties, busy places, or deep tones out of fear (i.e., movies)
- Emotionally reactive to noises/singing

Touch (Tactile):

Under-reactive signs:

- Poor safety awareness
- Craves touch/rough play
- Hangs on people
- Likes messy play, or doesn't respond well to pain from injuries or hot water

Over-reactive signs:

- Fights getting dressed or hair/teeth brushing
- Reacts to being touched lightly or unexpectedly, or dislikes touching wet or slimy textured foods or crafts

Smell (Olfactory):

Under-reactive signs:

- Unaware of smells such as rotten foods, chemicals, or cleaners
- May seek out new or strong smells with excessive exploration

Over-reactive signs:

- Overly reactive or avoidant to smells that others don't usually notice
- May prefer soothing scents like vanilla & lavender

Movement (Vestibular):

Under-reactive signs:

- Craves movement
- Inattentive
- Can't sit still/be calm
- Thrill seeking on tire swings, slides or roller coasters
- Loves being flipped or spun around

Over-reactive signs:

- Shows fear when learning to walk/crawl
- Dislikes swinging
- Fearful when tipped upside down or tilted back
- Fears bike riding

Muscles & Joints (Proprioception):

Under-reactive signs:

- Appears clumsy
- Bumps into objects
- Handles people/objects with too much force
- Pushes very hard with a pencil
- Chews on shirt

Over-reactive signs:

- An extreme and rare symptom seen, i.e.,
- Tries to avoid walking/weight bearing
- Resists jumping
- Resists holding objects tightly, i.e., for writing, brushing teeth or eating



How to Get Help:

Visit our website for a comprehensive list of symptoms and commonly asked questions, and for the most popular books on Sensory Processing Disorder. We can: help you communicate your concerns to your child's doctors or teachers; complete a comprehensive evaluation for your child; provide consultation services over the phone or in person; identify other possible conditions that present with similar symptoms; and help resolve these symptoms for a happier, more productive child!



Pediatric Potentials, Inc.

Orlando's Sensory Processing Disorder Specialists

For more information visit: www.pediatricpotentialsinc.com or call 407-322-3962