

### The “I” in the DIR® Model: Individual Differences

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**Summary: Determining our children's sensory profiles will help us to identify how we can support our children with shared attention and regulation, engagement, and to emotionally interact with us**

- ✓ We are born with an underdeveloped sensory processing system so our experiences can help wire our brains to our environment
- ✓ Our senses influence how we interact with our environment
- ✓ Every child wants to interact but might find it too challenging
- ✓ We need to tailor our interactions with our children based on their individual differences in sensory processing
  - *Example: If they are sensitive to loud noises, we need to speak softly, not loud*
- ✓ A daily sensory diet can help our children maintain regulation so they are available to engage and interact with us
- ✓ The DIR® method looks at behaviour as communication, aiming to determine the underlying causes of behaviour

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Link to this blog: <http://tinyurl.com/h7mvp8v>