



## Key Take-Aways

Emotional Attunement is the Driver for Sensory Integration

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Summary: Sensory integration begins with co-regulation as children are exposed to controlled challenging sensory experiences until they can make sense of them

- Emotional regulation and sensory integration must be facilitated at the same time in order for real change to occur
- When we (often unknowingly) put children in uncomfortable sensory situations, their behaviour will let us know by showing something they can do (e.g., throwing a chair), which takes the focus off of what they cannot do
- Relationship is the glue that allows individuals to make and maintain gains in their sensory processing skills
- As supporters, we can anticipate and mirror what you see, attune and acknowledge, don't force the child, problem solve, give competing sensory input such as deep pressure, and complete our own sensory processing profile so we can empathize better

Link to this blog: <https://affectautism.com/2021/02/27/sensory-regulation>