



## Key Take-Aways

Starting DIR/Floortime with your child:

Step 1 is the sensory processing profile

Published online October 30, 2015

Summary: Tailoring a DIR/Floortime program to your child starts with determining their unique sensory processing profile

- How we interpret the world through our senses determines our sense of security and how regulated we are in different situations
- In order to help our children developmentally, we need to know what their sensory sensitivities are
- We want to determine our child's sensitivities to each of the following senses: vestibular (balance), proprioceptive (body awareness), olfactory (smell), visual (sight), auditory (hearing), gustatory (taste), and tactile (touch)
- Your child may have aspects of being hypersensitive (avoidant), hyposensitive (craving), or both to each sense, or across senses
- You can use this unique sensory processing profile to modify your child's environment so they feel less overwhelmed

Link to this blog: <https://affectautism.com/2015/10/30/sensory-processing-profile>