



How Does Sensory Dysregulation Affect Feeding?

Auditory Responsible for processing sounds, amplitudes, and frequencies

Gustatory Discriminate between safe and harmful foods

Interoception Internal sensors that sense what our internal organs are feeling

Olfactory Processes Smells

Proprioceptive Senses the position, location, orientation, and movement of the body muscles and joints

Tactile Responsible for processing touch input from the body

Vestibular Information regarding movement and position of head relative to gravity

Visual Identifying shapes, colors, orientation and motion

Occupational Therapy feeding focuses on regulation of the sensory systems to help children feel more ready to explore new or "non-preferred" foods.



Meal Time & Our Sensory Systems

We all take information in with our sensory systems. However, we all perceive that information a little differently. Eating requires a wide array of our sensory systems to work together. For example, gagging at the sight of a food before eating it is a visual stimulus, enjoying crunchy food is about jaw movement and becoming upset with messy hands is a tactile response. As adults, we know what to expect when we bite into something. However, this new sensory system experience can be scary for children.

Dysregulation Causing Changes In Mood And Appetite

Sensory dysregulation refers to a mind or body state which occurs when the body is out of balance due to experiences in the sensory environment. When our sensory systems aren't working in harmony, this can cause disruptions to our mood, appetite, energy, and attention. By figuring out what our sensory systems need to remain regulated, we can be our best selves for meal time participation.