

**Sensory Processing Red Flags:**

**Tactile**

* Avoids touching messy textures (shaving cream, rice)
* Rigid with types of clothing worn
* Doesn’t notice when hands or face are messy
* Doesn’t notice (or become overly distraught) when clothes are twisted
* Constantly fidgeting or touching things or people

**Visual**

* Avoids being in a room with bright lights or tries to hide in a corner to avoid lights
* Complains eyes get tired when looking at a book or coloring
* Avoids looking at books or coloring
* Craves looking at images in a mirror
* Spins wheels repetitively and watches
* Stares at fans

**Auditory**

* Covers ears often
* Makes noises often (singing, humming, clicking)
* Alerts to background noises (furnace going on) that others don’t notice
* Does not respond to name being called
* Requests or enjoys fast/loud music
* Has trouble differentiating words (hears “work” instead of “word”)
* Trouble adjusting the volume of his/her voice
* Extreme reactions (crying, screaming, running away) to sudden noises or crowds
* Difficulty following verbal directions

**Vestibular**

* Avoids the swing, slide, or anything requiring feet to leave the ground
* Anxious when climbing
* Does not get dizzy when spinning
* Enjoys climbing or jumping from tall heights
* Does not seem aware of safety limitations
* Constantly spinning, climbing, rolling, running
* Does not adjust posture when swinging to prevent falling off
* Trips when walking up stairs

**Proprioceptive**

* Hard time sitting for an average period of time
* Avoids jumping or bouncing activities
* Slouches when sitting on a chair or the floor
* Craves jumping or bouncing
* Crashes into things or the floor
* Falls or bumps into things often
* Doesn’t use the right amount of force to push or pull
* Colors with too much or not enough pressure
* Aggressive in play, pushes others

**Taste/Smell**

* Eats limited number of food textures
* Eats bland foods
* Prefers strong flavors (spicy, sour)
* Overstuffs mouth
* Prefers foods that are one consistent texture (not mixed)
* Overly sensitive to smells
* Constantly smelling things
* Gags with foods or odors
* Dislikes tooth brushing
* Seems to be constantly biting, chewing, sucking on non-food items like clothing, pencils, hands, or toys
* Bites others
* Difficulty drinking from a straw or chewing