

Suzie - Sensory Processing Disorder

Suzie is 7 years old and currently in grade 2. When she is sitting at her desk in class, she has difficulties maintaining her attention when the teacher is speaking. Suzie gets distracted from the sounds made by the lawn mower, cars, or birds outside. Her teacher often must remind her to stay on task and pay attention. Suzie tries her best, but every time she hears noises outside they tend to sound louder and she can't stay focused on her teacher's voice. Suzie is also very sensitive to touch experiences. She dislikes messy play and has difficulties with many self-care activities.

After coming in for therapy, the therapist found that Suzie was hypersensitive to tactile and auditory input. Therapy sessions involved sensory integration activities at the clinic each week and a home program of sensory activities. Strategies for the classroom were also created to manage distractions and sensory problems.

Following five weeks of therapy, Suzie is found to have improved skills and confidence in the classroom. She can maintain focus longer and complete activities quicker. She has learnt to better cope with sensory experiences. Therapy is continuing to further improve her skills and integrate her senses.

**Names have been changed to preserve confidentiality.*

Liam - Low Tone and Fatigue

Liam is 5 years old and currently in Prep. His mother reported that he feels tired easily, slouches around on people and objects, and has difficulty sitting still. Liam has poor posture and isn't motivated to play outdoors. He often complains that he is tired and wants to stop his activity. His teacher explained to his mother that Liam changes positions multiple times when he is sitting on the carpet.

Through observations and reports, the therapist found that Liam had low muscle tone, poor core strength, and hypermobility in his joints. The therapist explained to his mother that due to his low tone and poor core strength, he fatigues faster as he is consuming more energy to hold himself upright. Therapy sessions involved core strengthening activities built into obstacle courses and games. The family was given homework each week to partake in specific core strengthening activities within the home environment.

Following five sessions, Liam was more engaged with activities and actively participated in outdoor play. He was able to sit with good posture on the mat for longer and did not move around as much. His mother reported that he appeared to have more energy throughout the day and was overall a much happier boy. Therapy is continuing to continue strengthening his core and build up his muscle tone.

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