

Parenting Your Gifted (and Active) Child!



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Sensory Processing

The 8 Different “Senses”:

- ① Sight
- ② Smell
- ③ Sound
- ④ Taste
- ⑤ Touch
- ⑥ Proprioceptive (motor control, movement, pressure)
- ⑦ Vestibular (balance/body awareness)
- ⑧ Interoceptive (internal body signals)



Less
well-
known!

Recognizing Sensory Needs

All children have sensory needs

Every child's sensitivity is different

Children may seek out or avoid a sensory response

What Avoidance May Look Like:

- Sensitive to noise, over-stimulatory environments, foods, smells, touch, scratchy clothing and tags

What Seeking May Look Like:

- Jumping, swinging upside down, crashing into walls, tapping foot, fidgeting, rubbing certain fabrics, chewing, talking to self or making noises, wrapping in snug clothes or wanting heavy blankets to sleep



Parenting Tips

- Learn to recognize the triggers
- Appreciate the root cause (sensory avoidance or stimulation)
- Always give an option, or a re-direction like “How about we _____ instead?”
- Re-direct first, save the “why ” explanation for afterwards
- Simply saying, “stop doing that!” will not make them stop
- Instead of saying “Don’t” show them or model what they CAN do
- Remember to be patient and understanding!
- Teach self-awareness & provide the tools needed



Ideas



Mini-trampoline



**Outdoor
play**

Headphones



**Sensory
bottle**



Chew toys



Resistance bands



Squeeze ball

**Crash mat
(beanbag chair)**



Aromatherapy



Yoga ball

**Talent hits a target no
one else can hit; Genius
hits a target no one
else can see.**

Arthur Schopenhauer



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Sources

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