

THE DEVELOPMENT OF SENSORY PROCESSING

Integration of sensations are critical in overall development. This list is a general guide of what normal development looks like with good sensory processing skills.

1 MONTH

- Fair ability to sense touch sensations
- Uncomfortable with a wet diaper
- Comforted with mother's touch sensations
- Fair ability to sense movement and gravity sensations
- Demonstrates appropriate reflexes in response to changes in body position
- Responds to sounds and voices
- Follows objects with eyes
- Good ability to sense smells

2-3 MONTHS

- Holds a stable head and eyes as a foundation for visual perceptual skills as movement and gravity sensations in the eyes and neck are integrated
- Starts to rise up as gravity sensations are integrated
- Starts to reach for toys as visual and body sensations are integrated

4-6 MONTHS

- Bangs spoon on the table to feel an impact on the physical world
- Touches hands and feet
- Brings hands to center demonstrating greater integration in the brain
- Develops important hand skills
- Lifts head, neck and arms while on belly as gravity sensations are integrated
- Experiences joy with different movement activities (rocking, held up, swinging in air)
- Cries to communicate needs such as hunger, fear and discomfort.



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6-8 MONTHS

- May start to move within an environment
- Start to develop an idea of the distance between themselves and objects around
- Plays with hands and pokes with finger
- Plans movements with greater ease
- Sleeps 4-10 hour intervals

9-12 MONTHS

- Bangs things together
- Reach across midline demonstrating better sensory integration
- Stands up as there is more integration of gravity, movement and muscle sensations
- Understands a fair amount of words
- Imitates gestures
- Sleeps 10-12 hour intervals

2 YEARS

- Improved touch localization (able to tell where he/she has been touched)
- Further specialization of fine-motor coordination as tactile discrimination improves
- Picks up and throws toys; pushes and pulls toys
- Walks up/down stairs
- Experiences joy with roughhousing, piggyback rides, swinging and climbing
- Enjoys messy play
- Follow simple 1-step instructions

3-4 YEARS

- Take turns
- Develops friendships
- Pays attention for longer periods of time
- Can differentiate real and pretend world

5-7 YEARS

- Learns to use simple tools (e.g. knives and forks, shovels, scissors, crayons)
- Improved balance and coordination
- Child will eventually run, jump, hop, skip, roll, wrestle
- Knows left and right



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