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 wellknown!

Recognizing Sensory Needs

All children have sensory needs

Every child's sensitivity is different

Children may <u>seek</u> out or <u>avoid</u> a sensory response

What <u>Avoidance</u> May Look Like:

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

What <u>Seeking</u> 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





Mini-trampoline



Crash mat (beanbag chair)







Outdoor play





Aromatherapy

Headphones







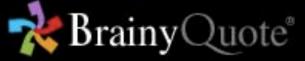


Squeeze ball



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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