

## Our EIGHT senses!

Sensory processing is a normal process where the brain and nervous system receive information from all of the senses then interprets this information to create appropriate motor and behavioral responses. Everyone processes input differently. For most people it is done automatically and seamlessly.

We all have challenges with sensory processing and that can be normal, however for some it hasn't worked out that way, sensory processing can be disordered or dysfunctional and day to day life can be very challenging.

At school we are taught about our 5 senses , visual (sight), Auditory (hearing ), Olfactory (smell), Gustatory (taste) and Tactile (touch) however there are actually another 3 that are much less spoken of but is every bit as important in our everyday life, Vestibular (balance and movement), Proprioception (muscles and joints), and finally the Interoception (internal body sensations)

I am going to talk a little about two of the less well known Systems. Proprioception and Vestibular systems and what happens when they don't quite work the way they should and the difficulties it can cause and how it can present.



