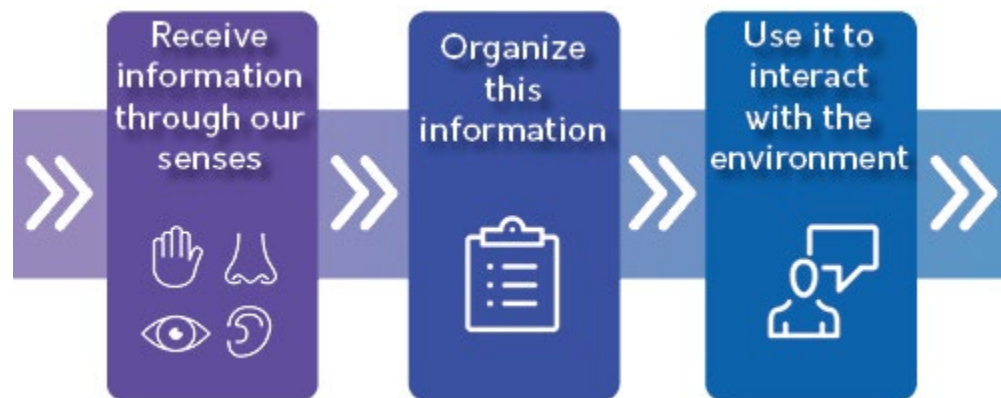


Sensory Integration: Know the Basics

Sensory integration is the process by which we receive information through our senses, organize this information, and use it to participate in everyday activities.

An example of sensory integration is:

- Baby smelling food as they bring it to their mouth
- Tasting the food
- Feeling the texture of the food
- Determining what this food is and if they want more



Did You Know There Are 8 Senses?

You read that right! Most people think there are just 5 senses, but there are actually 8! So what are the 8 senses?

- **Sight** (Vision)
- **Hearing** (Auditory)
- **Smell** (Olfactory)
- **Taste** (Gustatory)
- **Touch** (Tactile)
- **Vestibular** (Movement): the movement and balance sense, which gives us information about where our head and body are in space. Helps us stay upright when we sit, stand, and walk.
- **Proprioception** (Body Position): the body awareness sense, which tells us where our body parts are relative to each other. It also gives us information about how much force to use, allowing us to do something like crack an egg while not crushing the egg in our hands.
- **Interoception** (Internal): This sense helps us understand our body's internal sensations. This is the sense that helps us know if we're hungry, thirsty, hot, cold, or any other feeling that begins within our bodies.

So how does this all come together? Here's an example of sensory integration while playing baseball:



- The tactile (touch) sense helps this boy hold his bat correctly.
- Proprioception (body position) helps him know his body is in the correct position.
- Vestibular (balance and movement) information helps him stay upright while swinging the bat.
- His vision (sight) and hearing (sound) are also key to his success in the game.

Check out Pathways.org for sensory milestones and activities for different ages

Source - [Sensory Integration Basics | Learn About Sensory Integration Tools \(pathways.org\)](https://www.pathways.org/learn-about-sensory-integration-tools)