

The Interconnected Sensory Brain: Bringing It All Together

What This Article Is About

No sense works alone. The brain blends all sensory input like a symphony. Some kids crave across all senses, some avoid across senses, and others mix seeking and avoidance depending on the day. Movement senses (vestibular and proprioception) provide the foundation.

What You Might Notice

- Seeks intense input across senses (spins, chews, sniffs, touches everything)
- Avoids multiple inputs (loud noises, bright lights, scratchy clothes)
- Seeks in one sense but avoids another (loves spinning but hates messy play)

Quick Strategies

- **For Global Seekers:** Build a daily “sensory diet” of safe, rich inputs across touch, movement, taste, and sound.
- **For Global Defensiveness:** Reduce overload, use predictable exposure, offer choice and control.
- **For Mixed Patterns:** Track each sense separately, and tailor supports instead of assuming one-size-fits-all.

Parent Takeaway

Your child’s sensory profile is unique and dynamic. Supporting one system often calms the whole orchestra, making daily life less stressful and more connected.