



Checklist de Sintomas Sensoriais: Bebês e Crianças

A seguinte lista de verificação não é uma ferramenta de diagnóstico; ao contrário, é um indicador de sobre ou sub-responsividade sensorial. O objetivo desta ferramenta é auxiliar no desenvolvimento de um plano de tratamento adequado e/ou dieta sensorial para um indivíduo com dificuldades de modulação sensorial.

Lembre-se: É normal que todas as pessoas sejam sensíveis a certas sensações. A modulação sensorial torna-se uma desordem somente quando afeta negativamente a vida de uma pessoa (ou seja, capacidade de prestar atenção, aprender, socializar, relaxar).

*Indica o comportamento de busca sensorial. A busca sensorial é uma forma de sub-responsividade, mas estes indivíduos procuram uma sensação intensa para compensar a sub-responsividade de seu sistema nervoso. Em geral, a sub-resposta tende a ser mais passiva e sedentária do que os que buscam sensores, mas eles ainda compartilham muitos sintomas.

Dependendo da idade de seu filho, muitos sintomas não serão aplicáveis. Basta verificar os sintomas que você observa neste estágio de desenvolvimento e deixar outros em branco.

TÁTIL(TOQUE)

Sintomas de hipersensibilidade

- chora/se joga para trás quando segurado/abraçado
- dificuldade de transição para alimentos sólidos
- evita brincadeiras como massinha e pintar com os dedos
- não gosta de cortar as unhas/cortar o cabelo/pentear o cabelo/escovar os dentes
- seletividade alimentar/sensibilidade a textura dos alimentos
- chora ou se recusa a trocar a fralda
- fica aflito ao tomar banho
- fica surpreso facilmente quando tocado inesperadamente
- reage excessivamente a pequenos ferimentos/picadas de mosquito

Sintomas de hipossensibilidade

- sempre tocando outros*
- prefere estar sem roupas ou descalço*
- parece não notar as mãos sujas ou o rosto (a partir de 12 meses)
- parece não perceber toques leves
- pode colocar muita comida na boca*
- parece não perceber cortes e arranhões, não se importa em tirar fotos
- baba/não percebe quando o nariz está escorrendo ou quando tem comida no rosto (a partir de 18 meses)
- a partir dos 18 meses não percebe ou se incomoda com a fralda molhada ou suja
- atraso no desenvolvimento motor fino



*Indica o comportamento de busca sensorial.



PROPRIOCEPTIVE (PRESSURE ON MUSCLES AND JOINTS)

Symptoms of Over-Responsiveness

Since proprioceptive input is always helpful to the nervous system, we do not see **over-responsivity** in this category.

Symptoms of Under-Responsiveness

- only sleeps when held or requires positioning aids/swing/bouncy seat
- loves jumping, climbing, wrestling, and crashing activities*
- walks on toes*, or walks heavily
- difficulty with fine motor tasks
- prefers crunchy and chewy foods*
- sucks thumb or fingers, chews on clothes and toys (beyond 18 months)
- very attached to pacifier (beyond 1 year)
- grinds teeth
- loves tight hugs and squishing activities or positions*
- chooses thick or heavy blankets
- self-injurious behaviors: pinching, biting, head banging*

*Indicates sensory-seeking behavior.

VESTIBULAR (MOVEMENT)

Symptoms of Over-Responsiveness

- dislikes being held away from adult's body or tossed in air, may be clingy
- avoids swings, slides, anything that requires feet to be off the ground
- fearful of escalators, elevators, and all heights
- resists leaning back for hair washing or floating on back in pool
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*Indicates sensory-seeking behavior.

Symptoms of Under-Responsiveness

- needs to be rocked a lot; is happiest in stroller, swing, bouncer*
- dislikes sedentary tasks*
- is in constant motion, loves spinning, swinging, being upside down*
- may have low muscle tone (muscles and joints seem too soft and floppy)
- "W" sitting on floor, slumps, leans in chair
- loves spinning
- rocks self or moves head back and forth while sitting*



INTEROCEPTION (INTERNAL SENSATIONS)

Symptoms of Over-Responsiveness

- seems to have a low pain tolerance
- displays significant distress when cold after bath or after stepping outside on hot day
- frequent complaints of various aches and pains

Symptoms of Under-Responsiveness

- difficult to toilet-train
- apparent lack of hunger/thirst
- high pain tolerance or shows inappropriate response to pain
- difficulty falling asleep/staying asleep
- doesn't seem aware of symptoms of illness such as sore throat or nausea

AUDITORY (SOUND)

Symptoms of Over-Responsiveness

- startles easily, cries with vacuum, hair-dryers, toilet flushing
- dislikes noisy places
- easily distracted and bothered by background noises
- cries, covers ears with loud or unexpected sounds
- asks others to be quiet

Symptoms of Under-Responsiveness

- may not consistently respond to name (rule out hearing loss)
- prefers TV and music to be loud*
- often doesn't notice background noises
- makes own sounds frequently, enjoys silly sounds of others*
- says "What?" frequently even though hearing is intact
- may appear oblivious to some sounds, has difficulty locating sound
- may use self-talk to get through a task

*Indicates sensory-seeking behavior.

VISUAL

Symptoms of Over-Responsiveness

- bothered by bright lights, sun
- dislikes visually busy places (stores, playgrounds, cluttered rooms)
- avoids eye contact
- prefers dim lighting, shade
- rubs eyes a lot

Symptoms of Under-Responsiveness

- loves shiny, spinning or moving objects*
- difficulty with eye-hand coordination tasks (catching a ball, stringing beads)
- loves action-packed, colorful TV shows and electronic games*



*Indicates sensory-seeking behavior.



GUSTATORY AND OLFACTORY (TASTE AND SMELL)

Symptoms of Over-Responsiveness

- talks about smell a lot, notices odors others don't notice
- plugs nose, avoids places with strong smells (some restaurants)
- dislikes new foods, may have very limited food preferences

Symptoms of Under-Responsiveness

- smells and licks inedible objects such as toys and Play-Doh*
- likes strong odors such as perfume, cleaning products, and gasoline*
- prefers strongly flavored foods: spicy, salty, bitter, sour, sweet*

*Indicates sensory-seeking behavior.

AFFECT

Symptoms of Over-Responsiveness

- generally fussy, irritable
- very particular; seems to be a certain way things have to be done
- difficulty self-soothing

Symptoms of Under-Responsiveness

- generally happy, laid back
- seems tuned out frequently
- constantly on the go at an early age; hard to manage physically

*Indicates sensory-seeking behavior.