

ALL ABOUT THE INTEROCEPTIVE SYSTEM

WHAT IS THE INTEROCEPTIVE SYSTEM?

THIS IS OUR SENSORY SYSTEM THAT HELPS US PROCESS INTERNAL INFORMATION ABOUT THE STATE OF OUR BODIES. THIS INCLUDES: FATIGUE, HUNGER, THIRST, TEMPERATURE, HEART RATE, EMOTIONS, DIGESTION AND RESPIRATION.

IT IS ONE OF THE THREE 'HIDDEN' SENSORY SYSTEMS.

THE INTEROCEPTIVE SYSTEM IS WHAT
ALLOWS US TO FEEL & PROCESS:

HUNGER & THIRST

ANGER

SADNESS

HAPPINESS & JOY

THE SENSATION OF TAKING A DEEP BREATH

BEING TIRED



HOW SOME BRAINS & BODIES RESPOND TO INTEROCEPTIVE INPUT

A CHILD MAY HAVE SENSORY PROCESSING CHALLENGES WITH
INTEROCEPTION. SIGNS OF THIS MIGHT BE:

FEELS PAIN LESS THAN OTHERS*

POOR UNDERSTANDING OF HOT OR COLD TEMPERATURES (I.E. RUNNING WATER, THE TEMPERATURE OF
FOOD)*

TOO HIGH OR LOW HEART RATE IN RESPONSE TO SENSORY INPUT (I.E. MAY GO TO INTO
FIGHT/FLIGHT/FREEZE WITH A TYPICAL ACTIVITIES)*

LATE TO LEARN TO USE THE POTTY

AROUSAL LEVELS ARE TOO HIGH OR TOO LOW THROUGHOUT THE DAY*

MAY NOT REPORT THIRST OR HUNGER*

*IT IS ESSENTIAL YOU ARE EVALUATED BY A MEDICAL PROFESSIONAL TO DETERMINE IF THERE ARE OTHER
UNDERLYING MEDICAL CONDITIONS/FACTORS IMPACTING THE CHILD.