

# SPD Symptoms Checklist

Every child and adult will have some of these symptoms below. Remember, EVERYONE has sensory needs! The KEY is to ask yourself, does this affect FUNCTION. Is your child simply an occasional nail biter, or do they chomp on the daily till they bleed? Does your child simply get startled when a public toilet flushes, or do they have an uncontrollable meltdown for 30 minutes? Keep track of length and severity. You'll need these to convince medical professional that what you're dealing with is outside the bounds of "normal" kid stuff.

There's hardly a child in the world that would meet every one of these symptoms. In fact, many of the symptoms are polar opposites of each other. Remember, there are many senses involved like proprioception, vestibular and interoception. Each child may be oversensitive (avoider) or undersensitive (seeker) in EACH of the individual senses. And even that can change on a daily basis.

## Red Flags

- Picky Eater
- Chews on Finger Nails, Clothing or Other Objects
- Licks Non-Food Items
- Touches Surfaces Compulsively (runs their hands along the car, absentmindedly pinches your skin while sitting on your lap)
- Fidgets
- Constantly moving, even while sitting.
- Avoids Certain Textures (Often seen with clothing and food choices, or hates being barefoot)
- Loves being messy (jumps in every puddle)
- Hates being messy (won't get their hands dirty)
- Fearful of Loud Sounds (Firework, Automatic Toilets, etc)
- Agitated by Certain Repetitive Sounds
- Head Banging, Crashing into Objects, Agressiveness
- Clumsiness, Poor Muscle Tone and Coordination
- Poor Body Awareness
- Fear of Heights
- No Fear of Heights
- Craves Spinning
- Avoids Intense Movement
- Craves Inversion of Head
- Fears Being Inverted
- Toe Walking
- Poor Sleeping Habits
- Trouble Focusing on Specific Sounds (ie Your voice when there's a crowd around.)
- Struggles with Fine Motor Skills like Handwriting
- Poor Balance
- Constantly Jumping or Flapping Arms

Many social issues can result from SPD like anxiety, aggression, and isolation.