



## Red flags of Sensory Processing Disorder

If more than a few of the symptoms listed below fit your child, refer to the complete SPD Checklist.

### Infants and toddlers

- Problems eating or sleeping
- Refuses to go to anyone but me
- Irritable when being dressed; uncomfortable in clothes
- Rarely plays with toys
- Resists cuddling, arches away when held
- Cannot calm self
- Floppy or stiff body, motor delays

### Pre-schoolers

- Over-sensitive to touch, noises, smells, other people
- Difficulty making friends
- Difficulty dressing, eating, sleeping, and/or toilet training
- Clumsy; poor motor skills; weak
- In constant motion; in everyone else's face and space
- Frequent or long temper tantrums

### Grade-schoolers

- Over-sensitive to touch, noise, smells, other people
- Easily distracted, fidgety, craves movement; aggressive
- Easily overwhelmed
- Difficulty with handwriting or motor activities
- Difficulty making friends
- Unaware of pain and/or other people

### Adolescents and adults

- Over-sensitive to touch, noise, smells, and other people
- Poor self-esteem; afraid of failing at new tasks
- Lethargic and slow
- Always on the go; impulsive; distractible
- Leaves tasks uncompleted
- Clumsy, slow, poor motor skills or handwriting
- Difficulty staying focused
- Difficulty staying focused at work and in meetings

Visit: [spdstar.org](http://spdstar.org)

To learn more about Sensory Processing Disorder

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