

## Sensory or Behavior



A **behavioral** reaction based on the child not getting something they want. It can look like this:

- The child is seeking attention or a specific reaction.
- The child asked for or demanded something prior to their reaction.
- The child is still aware of their surroundings and others.
- The behavior may end abruptly, particularly if the child gets the outcome they desired.
- The behavior is a choice, purposeful and meant to influence the situation or person.

A **sensory response or meltdown** is a biological reaction to feeling overwhelmed by a situation, environment, or sensory input. It can look like this:

- The child is not concerned about your reaction to the behavior.
- The child is usually not asking for or demanding anything before the reaction.
- The child is not in control and does not appear to be aware of their surroundings or others.
- Meltdowns can last longer and the child can need more time to fully recover afterward.
- A meltdown is not a choice, it is considered a biological response. (Fight, flight or freeze)

It is important to remember that whether it is a sensory response or a behavioral response, the child is trying to communicate something through that behavior and we as professionals need to try and identify what the child is trying to communicate.