

# INTEROCEPTION

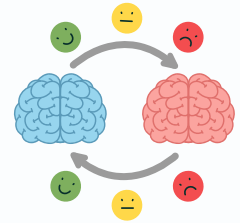
Interoception is the sense that helps us understand and feel what is happening in our bodies. It helps us know when things are happening such as feeling hungry or needing to go to the bathroom.

## INTEROCEPTION AND EMOTIONS

When we can't feel or understand the signals our body is sending us it becomes hard to understand the emotions we are feeling.

Some behaviours you may see as a result include:

- 0-100 meltdowns
- Fights over putting on a jumper even when you can see they are cold
- eating too much or not eating at all
- Not recognising they need to go to the bathroom until they are busting



Helping children improve their interoception allows them to better understand the emotions they are feeling and why they are happening. It also gives them the information they need to change their environment or situation to help their body.

## THE APPROACH

The approach used by Together OT with your child comprised 3 sections:

### 1. Body Lessons

Your child will learn how to notice and describe the signals their body is sending them. For example, my hands are sweaty because I am hot.

### 2. Emotion Lessons

Your child will learn how to connect their body signals with the emotions they are feeling. For example, my heart is beating quickly because I'm feeling worried.

### 3. Action lessons

Your child will learn unique and individualised actions that will help them regulate their emotions. For example, I'm hungry, I'm angry because I'm hungry and I'm going to eat food to help those feelings and emotions.

## BENEFITS OF THIS APPROACH

- Supports children to notice and identify sensations in their bodies such as when they are hungry or when they need to go to the toilet
- Supports children to learn the connection between different emotions and body sensations
- Helps with recognising signs of distress (before a full meltdown)
- Supports children and caregivers to develop actions that promote comfort within the body and soothe emotional distress
- Provides strategies that allow for your child to self-soothe and self-regulate when they are feeling uncomfortable



Together OT

