

Interoception



What is Interoception?

- Interoception is our body's sensations inside of our internal organs
- Interoception makes sense of the sensations in our organs and tells us about our body's needs
- Interoceptive input includes:
 - temperature, pain, hunger/thirst, toileting needs, emotional signals, and more

Signs your child might have difficulty with Interoception:

- Low or high pain tolerance
- Poor temperature awareness
- Difficulty potty training or frequent accidents
- Difficulty with emotional labeling or awareness

Activities to try at home:

- Teach your child to scan their body for anything that feels “off” or “wrong”
- Model and point out body signals that might indicate a need
 - “I can see you have some sweat on your forehead! Maybe your body is too hot and you need some water?”
 - “Look at you smiling! Are you feeling happy or excited?”
- Do body experiments with different sensations to discover what experiences trigger different body sensations
 - Example: put your hand over your heart and breathe slow for 10 breaths. What happens to the speed of your heartbeat? Now what happens if you breathe really fast?

For more information and guidance, consult your child's occupational therapist or schedule an evaluation with us