

Expert Advice From +25 Years in the Classroom to Get Your Kid in Sync and Maximize Their Strengths



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"The less kids do, the less they see what they can do, and they start to believe they can't."

How doing less holds kids back

When it comes to kids with sensory processing challenges, one of the things I've noticed is that the less they do, the less they're able to see what **they're truly capable** of. It's like a shrinking world for them. They miss out on discovering new skills because they're hesitant to try activities that other kids might dive right into.

Over time, this can lead them to believe that they simply can't do certain things, which isn't true—they just haven't had the chance to see what they can really do.

For example, give a typical child a rope, and they might quickly think of several ways to play with it—stretch it, throw it, or scrunch it. But a child with sensory issues might say, *"I don't know"* and stop trying. This is exactly why these kids need extra encouragement to stretch their imagination and engage in play.

Sensory struggles

It's also so important to remember that **sensory issues are physical**, not behavioural. These kids aren't trying to be difficult, and they're certainly not waking up each day thinking, *"How can I upset everyone around me today?"*

Also, when they're not getting the sensory information they need, trying new things can feel incredibly daunting. It's not that they don't want to try; it's that their bodies aren't giving them the reliable feedback they need to feel safe.

Their actions are a response to how their bodies are interpreting the world around them. For some, the world feels more dangerous, while others might not perceive enough of the risks around them. These responses aren't about willful behaviour—they're about survival. We need to keep this in mind, so we can approach them with the understanding and support they need.