

I want to explain to you why my child is having such a rough time today...

What you are seeing when you look at my child is not a child who is "out of control" but rather a child who is "out of sync." My child has Sensory Processing Disorder (SPD), which is the inability of the brain to properly and/or efficiently process and organize sensory information. When my child's brain receives information through any of her senses - sight, smell, hearing, taste, touch, vestibular or proprioception -- she doesn't always know what to do with that information and can become very disorganized, overwhelmed, frightened and confused. You can read more about SPD at www.spdnetwork.org.

My child has good days and bad days. You must have run into us on a bad day. I apologize if we have made you uncomfortable or if we have been disruptive. My child is currently involved in many types of interventions, working on these sensory issues, so that she can feel normal like you and so that when we go places, she feels safe and comfortable in her own body. It is going to be a long and difficult journey, but in the meantime, please know that inside her is a beautiful and magnificent little person waiting, hoping and trying to emerge!

Think about how difficult my child's SPD was for you today, then try to imagine *how hard it must be for her*. The next time you see us out somewhere, please understand...