

解读感觉：让感知世界为您的孩子所用 by Roger Ideishi, OTR/L
Interpreting Sensations: Making the Sensory World Work for Your Child

感觉存在于各个地方！感觉来自外面世界的触觉、听觉、味觉、嗅觉、视觉。

Sensations are everywhere! Sensations are the touch, sound, taste, smell, and sights of the world.

感觉也来自于身体上的知觉：比如，地球的重力感应——把我们的身体吸引在地表面上。

Sensations are also body sensations: the feeling of gravity from the earth – pulling our body down to the ground.

每个人对感觉的感受是不同的。

Every person feels sensations differently.

两个不同的人可能对同一种食物有不同的感觉：
“我喜欢吃辣的。”或“我不喜欢吃辣的。”
“这个太辣了！”或“我希望能更辣点儿！”

Two people can say different things for the same food:
“I like spicy food” or “I don’t like spicy food”
“It’s too spicy” or “I wish this were spicier”

一个患有自闭症的人解读感觉的方式是不同的。有时，他们和我们的感觉是一样的。但有时他们和我们的感觉是不一样的。很多时候，自闭症患者能够比我们感受到更多的东西，但有时他们也会比我们感受到的更少。

A person with autism interprets sensations differently. Sometimes the sensation feels like the same as you and me. Other times the sensation does not feel the same as you and me. Many times a person with autism will feel the sensation more than you, and sometimes they will feel the sensation less than you.

人有不同的感觉是很正常的。但当感觉影响到了人们的日常生活，比如刷牙、下楼梯、做作业、玩玩具、在人群中，很多时候就会出现问题。

A person having a different sensation is okay. Problems occur when the sensation gets in the way of doing daily activities such as brushing teeth, walking down stairs, putting pants on, doing homework, playing with a toy, being in a crowd.

人们如何解读感觉

How people might interpret sensations

人不能强烈地感受到感觉 The person doesn’t feel sensations as intensely	人在寻找更多的感觉 The person seeks more sensations
人极度敏感 The person is hyper-sensitive	人在逃避感觉 The person avoids sensations

我们不是只停留在这其中一个单一的感觉区域。根据感觉的不同，我们会以这四种中不同的方式回应。比如，我们对于某种感觉的过去经历和我们对于某种感觉的偏好（喜欢 / 不喜欢），都会影响我们对于指定感觉的反应。

We aren’t stuck with one or another of these sensation areas. We react to sensations in one of these ways depending on the sensation, our past experience with the sensation, and our preference (like / dislike) of the sensation.

当我的孩子对感觉的解读和我不一样时，我能做些什么来帮助我的孩子呢？

What can I do to support my child who interprets sensations differently than me?

- 不要期待你的孩子和你的感觉程度是相同的。
Do not expect your child to feel the sensation in the same way as you.
- 承认并确认孩子的感觉是真实的。
Acknowledge and confirm that the sensation your child is feeling is real.
- 你可以通过改变周围的环境来支持孩子的感觉偏好。
 - 比如，如果环境太嘈杂，但是你的孩子不喜欢这样的噪音，就减少一些周围的噪音
 - 如果不能改变周围环境，尝试给你的孩子使用耳机或耳塞来减少噪音。
- If you are able, change the environment to support your child's sensory preference.
 - For example, if the environment is too noisy and your child doesn't like the noise, change to an environment that is less noisy
 - If changing the environment is not possible, try using headphones or earplugs to lessen the noise
- 寻找一些能够匹配孩子的感觉偏好的活动和环境。
Explore activities and environments that match your child's sensory preferences.
- 当你给你的孩子介绍一个新环境或新活动时，为你的孩子提前做好准备。
When you introduce a new environment or activity to your child, prepare your child.
 - 试着选择能够匹配您孩子感觉偏好的环境和活动。
Try to select new environments and activities that match your child's sensory preference.
 - 给孩子描述这个环境和活动。
Describe the environment and activity.
 - 给你的孩子出一些策略，帮助他们顺利完成活动。
Give your child strategies and actions to do to help get through the activity.
 - 例如，如果你打算去一个拥挤并嘈杂的饭店，你可以换一家不是那么拥挤和嘈杂的饭店吗？
如果不能的话：
For example, if you are going to a crowded and loud restaurant, can you change to a different restaurant that is less noisy and crowded? If you cannot change the restaurant:
 - 提前告诉你的孩子，这家饭店将会有很多人，会比较嘈杂
tell your child the restaurant will have lots of people and may be noisy
 - 询问你的孩子是否依然愿意去这家饭店
ask your child if he or she still wants to go to the restaurant
 - 询问你的孩子佩戴耳机或耳塞是否会有帮助
ask your child if wearing headphones or earplugs is helpful
 - 随机应变，灵活解决
be flexible

