



TOUCH

Our tactile sense



Touch is our tactile sense and is our sense of skin contact. It is in our hands, our mouths, our feet, our noses, and our entire bodies.

It allows us to sense if objects are wet or dry, when we're feeling light pressure on our skin, if something's soft or hard, the sensation of wind and rain, if objects are dull sharp hot or cold and their texture and consistency.

What does oversensitivity look like?

If you're oversensitive to it you might:

- find light touch painful or too pleasurable
- avoid hugs and physical contact
- avoid others due to anxiety or fear of being touched
- react strongly to cuts, scrapes, and bruises
- find some textures can be very uncomfortable
- avoid certain foods, objects, and fabrics
- rain, wind, sun, and snow can feel terrible on our skin so we may wear too much or too little clothing
- avoid or seek out baths and showers due to the pressure

What does undersensitivity look like?

If you're undersensitive to it you might:

- not notice being touched or feel little from physical contact
- not notice cuts and bruises when injured
- seek hugs and deep pressure
- have a condition called pica where you eat inedible objects
- not feel the weather and so wear inappropriate clothing
- avoid or love baths and showers



What helps?

- ask before physical contact
- remove clothing labels
- find safe fabrics and foods with safe textures
- use variable pressure with things like massage and showerheads
- avoid busy and crowded places



What helps?

- checking the body for damage as it may not always be obvious
- use warning signs to prevent harm
- find safe textures and clothing that feel good on the skin
- have massage and deep pressure as part of a sensory diet
- find replacement behaviours for harmful ones