

From sensory overload to a life filled with confidence, thanks to Five Counties Children's Centre

At first, the Clarkes brought their son Aidan to Five Counties Children's Centre for a routine hearing test. However, the staff there discovered a sensory disorder that was overwhelming him then taught him how to turn it around – and into a love of music.

Aidan suffered through several ear infections in his early life, which was resolved with the installation of ear tubes.

“As he got older, he struggled to interact with others in busy daycare settings, swimming lessons and we were worried that he might have signs of Asperger's Syndrome,” his mother Lisa Trefzger Clarke.

“Loud, complicated sounds like the echo of a public pool or unexpected sensory experiences like cold water spilled on clothing could really bother our son in a way he couldn't yet communicate.”

At age three, Aidan was referred by his pediatrician to Five Counties. During visits to his home and daycare, the staff spent time learning what he enjoyed, what bothered him and who he was as a growing person.

Ultimately, his resource consultant identified that he had sensory processing disorder.

“This made so much sense to us and helped us to navigate accommodations at school until our son could learn strategies to flourish and adapt,” his mother says.

“We were able to help him build language and get in-school supports, but as time has gone on, he's figured out a path to manage his anxious feelings from too much sensory input and excelled beyond our dreams.”

Although the path felt difficult and fearful at the beginning, the results of his treatment and diagnosis have been incredible for Aidan, who is now 16, she adds.

“He is now popular, thoughtful, and self-advocating. He is a deep emotional and critical thinker, and a joker who likes to tease his parents.

“He now excels at music – sounds he can control – and has become an athlete in individual sports, such as skiing and biking.”



As for her, she was relieved to learn that, as a first-time mother, that she had not made any wrong choices that affected her son.

“(Resource Consultant) Angela (Turner) and Five Counties helped me to lose my shame and taught me strategies that strengthened the

mother-child bond and have helped us over a decade later to communicate and advocate as a team,” she says.

Lisa encourages other parents to turn to Five Counties Children's Centre to get answers.

“The experts at Five County will listen to you, get to know your family, and respect you, while offering their specialized knowledge to empower your success,” she says.



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