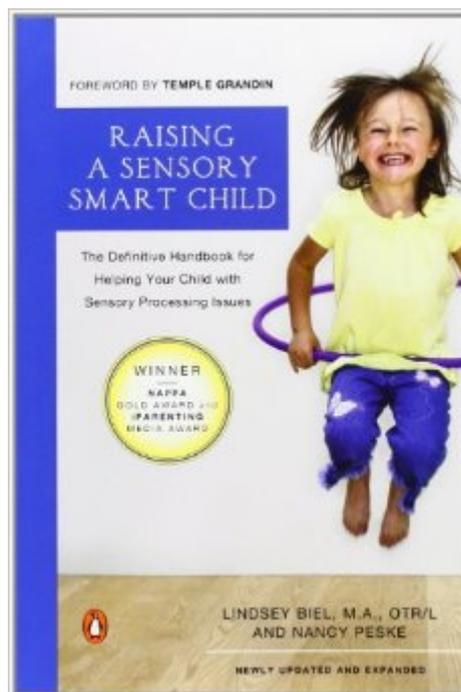


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# Raising A Sensory Smart Child: The Definitive Handbook For Helping Your Child With Sensory Processing Issues, Revised Edition



## Synopsis

For children with sensory difficulties—those who struggle to process everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights—this groundbreaking book is an invaluable resource. Sensory integration dysfunction, also known as sensory processing disorder, affects all kinds of children—from those with developmental delays, attention problems, or autism spectrum disorders, to those without any other issues. Coauthored by a pediatric occupational therapist and a parent of a child with sensory issues, this updated and expanded edition of *Raising a Sensory Smart Child* is comprehensive and more helpful than ever. Learn: \*How the senses actually work and integrate with each other \*How and where to get the very best professional help \*"Sensory diet" activities that meet your child's needs—including new tips and ideas for kids, teens, adults, and families \*Practical solutions for daily challenges—from brushing teeth to getting dressed to picky eating to family gatherings \*Using "sensory smarts" to help children with developmental delays, learning, and attention problems \*The special challenges of helping children with autism and sensory issues \* Ways to advocate for your child at school and make schools "sensory smart" \*How to empower your child and teen in the world \*Complementary therapies, resources, and helpful web sites In all, the most comprehensive guide to sensory processing challenges is now more detailed and useful than ever. Loved and celebrated by parents, teachers, therapists, doctors and others, the new edition of *Raising a Sensory Smart Child* is a must-have volume for anyone who cares about a child with sensory issues. \*\*\*WINNER of the NAPPA GOLD AWARD and iPARENTING MEDIA AWARD\*\*\*

## Book Information

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## Customer Reviews

My son hasn't had an official diagnosis. We have to wait a YEAR to get an appointment. So, I needed help NOW! This book is easy to read. It gets technical enough so you understand what is going on, but it didn't lose me. Through reading some excerpts to my husband, he now understands more of what our child is going through. I've been able to accept better what is going on. The practical help stuff is great. Our child just experienced a tear-free hair"trim" for the FIRST TIME EVER! He is 5 1/2. That same night, he was able to take a bath without tears for the first time in a VERY long time. The next night, he asked if he could have another bath! That has NEVER happened! Thank you both for hope!!!!!!

Having read all the books in this genre, I'm particularly impressed with this one written by Lindsey Biel and Nancy Peske. The book is PACKED with information and I find myself using it often as a reference. The authors start with understanding your child (and I find this helps understand yourself and family too!). They explain the seven senses in detail and how and why their functioning is important and how their senses alter their behavior. The next section is about working with Occupational Therapists and how YOU can help your child at home, in school and in the community. They go through EVERYTHING; from eating (at home and in restaurants - including special feeding issues!), potty training, the dreaded birthday parties and family get togethers, and much more...How to decorate and make your house more sensory friendly is explored as well as how to advocate for your child in their school. It's seriously a one stop shop book. There is too much info for me to list - it's all in there. The writers are clear and descriptive, making a sometimes difficult subject matter easy to understand and apply to your every day life. A MUST READ section is "Quick Tips for Calming an Overwhelmed Child." Thank you, thank you, thank you for this priceless advice. This book is fabulous!

The award-winning *Raising a Sensory Smart Child* has always been the definitive handbook on sensory issues. Written by an OT and the parent of a child with sensory processing disorder, the book not only explains what sensory issues are and how to treat them, it offers practical advice on everything from grooming to advocating for your child at school, discipline, helping family members (and your child) to understand your child's issues, and identifying comorbid conditions and alternative treatments. The section on solutions for everyday sensory problems alone is worth the price of the book, and the resource section is absolutely excellent. All that said, the new edition is even better. The authors have added an entire chapter on sensory issues and autism, explaining

"stimming" behavior and advising parents on how to work with the team helping their child. This edition also includes more practical solutions and more suggestions for sensory diet activities for the entire family, as well as for teenagers and adults who continue to struggle with sensory processing. As with the original edition, the material is presented in straightforward language and a reassuring tone, and it incorporates the stories and voices of parents who have been there. My suggestion is to read the beginning of the book to understand sensory issues and how they're related to ADHD, autism spectrum disorders, and developmental delays. Then check out the chapters on the subjects that most concern you. Dip into the tips/solutions section when your child is really having trouble with clothing issues or you're concerned about how he'll handle an upcoming event. Read the Advocating for Your Child At School chapter before starting the new school year and delve into the section on working with an OT to maximize your ability to work with her to help your child. All in all, if you buy only one book on sensory processing disorder, buy this one.

This is hands down the best book dealing with Sensory Processing Disorder (SPD). It has helped my family in so many ways. My now 3-year-old son was diagnosed with SPD a little over a year ago, so I started reading anything I could find about SPD. What I love about this book is it is so easy to read, and the real-life experiences are so real and easy to relate to. Anyone who has ever met my son would be able to recognize him and his "quirks" after reading just the first chapter. I have recommended this book to all his speech therapists and occupational therapists, and the therapists have started recommending the book to the rest of their SPD clients. My son just started a developmental preschool program and I will be buying another copy for his teacher. Integrating a sensory diet into my son's daily routines has helped us more than I thought possible. He is a completely different child when he gets the sensory input he needs in a safe and fun way. His speech and comprehension is drastically improved after heavy physical activity--sometimes we just run from one end of the house to the other--over and over and over. I highly recommend this book. You will learn so much, and you and the SPD person in your life will be so much happier once you realize what kind of input is needed and you are able to provide it--I know we all are!

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