



Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues

By Lindsey Biel, Nancy Peske

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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**

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Editorial Review

Review

"A must read for all parents who have children with sensory integration issues."

-Larry B. Silver, M.D., author of *The Misunderstood Child*

"At last, here are the insights and answers parents have been searching for."

-Dr. Temple Grandin

From the Author

What's up with this child? That's the question my husband and I kept asking ourselves. He was a delightful baby who loved to be in his bouncy chair, laughed merrily every time the wind kicked up, and smacked his toy drum harder than any of the other kids in his baby music class. Yet for all our bright-eyed optimism, we had concerns. At the playground, a siren would send him into a mini-trance and I couldn't get his attention until the emergency vehicle passed. He said Mama and Dada at six months and his first sentence at fourteen months, but seemed to lose vocabulary words as soon as he gained them.

Although my pediatrician finally agreed to order a test to see why my son wasn't hitting his language milestones, it was a mom online who told me not to wait--to get a multidisciplinary evaluation through my state's early intervention program. That's how I came to meet my coauthor, Lindsey Biel, OTR/L, the occupational therapist assigned to help my son with fine motor delays (Why did he need to know how to hold a crayon already? I asked) and something they were calling sensory processing issues (What on earth did that mean? I wondered).

Lindsey, as it turns out, not only had expertise and experience in treating sensory processing issues: She also had an incredible rapport with kids and with parents. And she knew how to explain why sensory processing issues were involved in my son's unusual behaviors and his developmental delays. I urged her to help me write the book I needed to read and she wanted to be able to recommend to her clients and to other OTs and professionals trying to figure out how to help kids with this common condition that affects as many as 1 in 10 children.

That was a decade ago. Since then, *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues*, received a foreword from Temple Grandin, won two book awards, went into multiple printings, was updated and expanded, and has developed a following of people who want not just theory but answers to how to help these marvelous kids. Lindsey and I hope you will find the book extremely helpful in developing sensory smarts, our term for understanding, honoring, and effectively advocating for sensory needs. It is chock full of practical information from tips on toothbrushing to strategies for managing bedtime routines to advice on advocating for your child at school and working with an occupational therapist who treats sensory issues. You'll learn about complementary therapies as well as helpful resources and items you can use as part of a sensory diet of activities designed to foster your child's ability to meet sensory needs and remain regulated in terms of focus, energy, and mood. And perhaps most importantly, you will discover that you are not alone, that your sensory kid is the same marvelous child he or she was before you learned about sensory issues. It's just that once you've read our book, you will know better what you can do to support your child's learning and functioning at home, at school, and away.

About the Author

Lindsey Biel, M.A., OTR/L is a pediatric occupational therapist with a private practice in New York City. She works with children, teens, and young adults with sensory processing disorder, autism spectrum disorders, developmental delays, learning challenges, and other issues.

Nancy Peske is a freelance writer and co-author of the Cinematherapy series. She lives with her husband and son, who has sensory processing issues.

Dr. Temple Grandin (foreword), is one of the most accomplished and well-known adults with autism in the world. She has a Ph.D. in animal science and is a professor at Colorado State University. She is the author of several books on autism and animal science.

Users Review

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Deborah Tate:

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