Oregon Post Adoption Resource Center

Category List

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Sensory Integration

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Author</th>
<th>Material Type</th>
<th>Year</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answers to Questions Teachers Ask About Sensory Integration</td>
<td>Carol Stock Kranowitz and Stacey Szklut</td>
<td>Books</td>
<td>2001</td>
<td>50</td>
</tr>
<tr>
<td>Attaching Through Love, Hugs and Play</td>
<td>Deborah D. Gray</td>
<td>Books</td>
<td>2014</td>
<td>196</td>
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<tr>
<td>Beyond Behaviors; Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges</td>
<td>Mona Delahooke</td>
<td>Books</td>
<td>3/19/2019</td>
<td>315</td>
</tr>
<tr>
<td>Brain Gym: Simple Activities for Whole Brain Learning</td>
<td>Paul E. and Gail E Dennison</td>
<td>Books</td>
<td>1986</td>
<td>36</td>
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This handbook/guidebook, from the author of The Out-of-Sync Child, is full of forms, checklists, usable descriptions and definitions, monitoring charts, diagnostic devices, to-do lists, and other practical tools to help parents and teachers monitor and understand their children's functioning.

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

In Beyond Behaviors, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child’s individual differences in the context of relational safety.

Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

Neuroscience-based effective tools and strategies for children labeled with:
- Conduct Disorder
- Oppositional Defiant Disorder (ODD)
- Disruptive Mood Dysregulation Disorder (DMDD)
- Reactive Attachment Disorder (RAD)
- Sensory Processing Disorder (SPD)
- Anxiety & Depression
- Autism & Developmental or Learning Differences

And children who experience or have experienced:
- Aggressive, confusing and unpredictable behaviors
- Tantrums and meltdowns
- Disconnection or shutdown
- Adverse childhood experiences
- Trauma and toxic stress

This book, in first-person story format, includes the 26 Brain Gym movements and simple instructions for how to perform them correctly. Included are specific routines of movement for specific skills such as reading comprehension and hand-eye coordination. If you know that you or your child has the ability or the information but can't seem to call upon it at will, you might benefit from having a copy of Brain Gym.
Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively, and how even simple thing such as washing, dressing and coping with meal times can be challenging for him. He also talks about difficulties he faces at school and why large groups and loud noises are especially hard. He explains how other people can have different sensory processing issues and talks about what he and those around him can do to help.

This illustrated book is ideally suited for readers aged 7 and upwards and occupational therapists, teachers, parents, family members and friends of those with sensory processing difficulties.
### Sensory Integration

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<th>Author</th>
<th>Edition Year</th>
<th>Pages</th>
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<tbody>
<tr>
<td><strong>It's Raining and I'm Okay; A Calming Story to Help Children Relax When They Go Out and About</strong></td>
<td>Adele Devine</td>
<td>08/21/2017</td>
<td>40</td>
</tr>
<tr>
<td>This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired at the end of a long day. Particularly suited to children with special needs and learning differences, including autism, symbols on each page help pre-readers begin to recognise words. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.</td>
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<tr>
<td><strong>Love is a Start: The Real Challenges of Raising Children with Emotional Disorders</strong></td>
<td>Donna Shilts</td>
<td>1999</td>
<td>326</td>
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<td>Telling of her own courageous experience with two adoptive sons, Shilts demonstrates the incredible progress that is possible for children with neurological impairments.</td>
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<td><strong>Making Sense of Sensory Integration (Audiotape)</strong></td>
<td>Lynnette Burke</td>
<td>February 2000</td>
<td>75 minutes</td>
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<tr>
<td>This tape and accompanying 37 page booklet with reproducible checklists and resource material tell parents and caregivers what SI is, how problems with SI affect children, how a diagnosis is made and what the appropriate treatment might be, and how SI difficulties might affect the child and family in their daily lives – at home, at school, and in the community.</td>
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<td><strong>Misunderstood Child, The: Understanding Sensory Integration (Audiotape)</strong></td>
<td>Lynnette Burke</td>
<td>February 2000</td>
<td>4 hours</td>
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<td>This tape of an ORPARKC sponsored training at PSU explores the role Sensory Integration (defined as the ability to organize and process sensory input and to use that information to respond to the demands of our daily lives) plays in the lives of some children neurologically affected by pre-natal exposure to drugs or alcohol, or early exposure to violence, terror, or severe neglect. In other words, many of the children the state places into foster and adoptive homes! This video highlights the power of understanding Sensory Integration and its relationship to children's behavior.</td>
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<td><strong>No Longer A SECRET: Unique Common Sense Strategies for Children with Sensory or Motor Challenges</strong></td>
<td>Doreit Bialer</td>
<td>2011</td>
<td>238</td>
</tr>
<tr>
<td>This invaluable resource by Dr. Lucy Jane Miller and Doreit Bialer helps teach cost effective, functional, on the spot tips to use for children with sensory issues at home, at school, or in a community setting. Any parent, teacher, or therapist can use this book and help a child with sensory or motor issues!</td>
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<tr>
<td><strong>Out-of-Sync Child Grows Up, The; Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years</strong></td>
<td>Carol Stock Kranowitz</td>
<td>5/24/2016</td>
<td>320</td>
</tr>
<tr>
<td>The Out-of-Sync Child Grows Up will be the new bible for the vast audience of parents whose children, already diagnosed with Sensory Processing Disorder, are entering the adolescent, tween, and teen years, as well as those who do not yet have a diagnosis and are struggling to meet the challenges of daily life. This book picks up where The Out-of-Sync Child left off, offering practical advice on living with SPD, covering everyday challenges as well as the social and emotional issues that many young people with SPD face. Topics include strategies for coping with the sensory aspects of grooming, social lives and dating, playing sports and music, and other issues, as well as how to find support and help from loved ones, occupational therapy, and other resources. Carol Kranowitz's insights are supplemented by first-person accounts of adolescents and teens with SPD, sharing their experiences and hard-won lessons with readers and adding a powerful personal dimension to the book.</td>
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Friday, May 17, 2019 Page 3 of 8
Sensory Integration

**Out-of-Sync Child Has Fun, The: Activities for Kids with Sensory Integration Dysfunction**
Carol Stock Kranowitz

Books  
2006  324 pages

The first accessible guide to examine Sensory Processing Disorder, The Out-of-Sync Child touched the hearts and lives of thousands of families. Carol Stock Kranowitz presents more than one hundred playful activities specially designed for kids with SPD.

Each activity in this inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child's brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.

**Out-Of-Sync Child, The: Recognizing and Coping with Sensory Integration Dysfunction**
Carol Stock Kranowitz

Books  
1998  260 pages

If your child is difficult, picky, oversensitive, clumsy, unpredictable, inattentive or a combination of these, he or she may have Sensory Integration Disorder, a frequently misdiagnosed condition that can lead to abnormal activity levels, problems with motor coordination, or inappropriate sensitivity to sensation and movement. "The Out-of-Sync Child" explains how to recognize and treat children with this common disorder.

**Parenting Traumatized Children with Developmental Differences; Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function, and Challenging Behaviors**
Sara McLean

Books  
03/21/2019  176

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

Dr. McLean explains how children with developmental differences understand the world around them and offers easy to use techniques to help children with sensory and emotional regulation difficulties or delays in language, communication or memory development.

This book will provide you with the knowledge and confidence you need to meet your own child's individual needs, and to help them to flourish.

**Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**
Georgia DeGangi

Books  
2000  371 pages

This book represents state of the art coverage of the latest theory, research and treatment strategies for infants and children with problems of regulation. Designed for mental health professionals and occupational therapists working with infants and children, this comprehensive book provides the most recent advances in addressing disorders of self-regulation. Screening and assessment procedures are described in detail to help the reader evaluate self-regulation, attention, sensory processing, and parent-child interactions in infants and children. This book is the first of its kind to integrate treatment approaches from the fields of infant/child mental health and sensory integration.

**Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In - When to Worry and When Not to Worry**
Perri Klass, M.D. and Eileen Costello, M.D.

Books  
2003  360 pages

From the fourth-grade girl who never gets invited to a birthday party because classmates think she’s "weird", to the geek who is terrific at math but is failing every other subject, quirky children are different from other kids in ways that they – and their parents – have a hard time understanding. They present a host of challenges that standard parenting books fail to address. Seasoned pediatricians Perri Klass and Eileen Costello provide expert guidance that families with quirky children so desperately need. Illuminating the confusing list of terms often applied to quirky children - from Asperger's Syndrome and "nonverbal learning disability" to "obsessive-compulsive behavior" and Sensory Integration Dysfunction, the authors also discuss various therapy options, coping strategies, and available medications. Most of all, they will help quirky kids lead rich, fulfilling lives at home, at school, even on the playground.

**Raising A Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues**
Lindsey Biel and Nancy Peske

Books  
2005  339 pages

This handbook has chapters on finding and working with occupational therapists; practical solutions for daily problems; a wide range of developmental issues; advocating for your child at school; special challenges for teenagers; empowering your child in the world; and much more.
For children with sensory difficulties - those who struggle 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 processing challenges affect all kinds of kids - from those with developmental delays, learning and attention issues, or autism spectrum disorder to those without any other issues. Now in its third edition, Raising a Sensory Smart Child is even more comprehensive and helpful than ever.
A key element of typical development is the capacity to process and regulate environmental input. Sadly, children who have experienced prenatal exposure to drugs or alcohol, early trauma, abuse or neglect, are at high-risk for sensory disorders. In this lecture, developmental psychologist and Director of the Texas Christian University Institute of Child Development, Dr. Karyn Purvis, explains risk factors and warning signs for Sensory Processing Disorders and offers practical interventions for parents and professionals. This DVD features a Q&A session that explores common questions about sensory disorders.
This funny and moving second novel from the author of The Someday Birds features comic trivia, a safety superhero, and a super-cool scavenger hunt all over downtown San Diego, as our young hero Stanley Fortinbras grapples with his anxiety—and learns what, exactly, it means to be brave.

Nobody knows comics trivia like Stanley knows comics trivia.

It’s what he takes comfort in when the world around him gets to be too much. And after he faints during a safety assembly, Stanley takes his love of comics up a level by inventing his own imaginary superhero, named John Lockdown, to help him through.

Help is what he needs, because Stanley’s entered Trivia Quest—a giant comics-trivia treasure hunt—to prove he can tackle his worries, score VIP passes to Comic Fest, and win back his ex-best friend. Partnered with his fearless new neighbor Liberty, Stanley faces his most epic, overwhelming, challenging day ever.

What would John Lockdown do?

Stanley’s about to find out.
Autism therapy typically focuses on ridding individuals of “autistic” symptoms such as difficulties interacting socially, problems in communicating, sensory challenges, and repetitive behavior patterns. Now Dr. Barry M. Prizant offers a new and compelling paradigm: the most successful approaches to autism don’t aim at fixing a person by eliminating symptoms, but rather seeking to understand the individual’s experience and what underlies the behavior.

Winston Wallaby, like most Wallabies, loves to bounce. However, Winston can’t seem to ever sit still and when he starts school he needs help to concentrate...

Luckily his teacher Mrs Calm shows Winston how to settle down and focus his mind in class, and he learns new ways to help him with touch, feel, attention and awareness.

This fun, illustrated storybook will help children aged 5-10 with Attention Deficit Hyperactivity Disorder (ADHD), Sensory Processing Disorder (SPD) and Autism Spectrum Disorder (ASD) recognise their sensory needs and develop tools to support them. A helpful introduction for parents and carers explains hyperactivity and how it can affect a child’s perception of the world, and the appendices at the back provide useful strategies to be adopted at school and at home.