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>Category</th>
<th>Year</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Answers to Questions Teachers Ask About Sensory Integration</em></td>
<td>Carol Stock Kranowitz and Stacey Szklut</td>
<td>Books</td>
<td>2001</td>
<td>50</td>
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<tr>
<td><em>Attaching Through Love, Hugs and Play</em></td>
<td>Deborah D. Gray</td>
<td>Books</td>
<td>2014</td>
<td>196</td>
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<tr>
<td><em>Beyond Behaviors; Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges</em></td>
<td>Mona Delahooke</td>
<td>Books</td>
<td>3/19/2019</td>
<td>315</td>
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<tr>
<td><em>Brain Gym: Simple Activities for Whole Brain Learning</em></td>
<td>Paul E. and Gail E Dennison</td>
<td>Books</td>
<td>1986</td>
<td>36</td>
</tr>
</tbody>
</table>

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 melt downs, 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.

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.
## Sensory Integration

**Material Title:** Can I Tell You About Sensory Processing Difficulties?; A guide for friends, family, and professionals  
**Author:** Sue Allen  
**Pages:** 56  
**Date:** 10/31/2015  
**Publisher:** Children's Books

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.

**Material Title:** Case Studies in Infant Mental Health: Risk, Resiliency, and Relationships  
**Author:** Joan J. Shirilla and Deborah J. Weatherson  
**Pages:** 203  
**Date:** 2002  
**Publisher:** Books

Offers 12 real-life stories written by infant mental health specialists about their work with young children and families. Each case study also reveals the supervision and consultation that supported the specialist, and the specialist's interaction with the larger service system.

**Material Title:** Choosing Therapeutic Activity Based on Neuro-Sensory Assessment; Featuring Marti Smith, OTR/L (Audio)  
**Author:** Robyn Gobbel  
**Length:** 1hr 21min  
**Publisher:** CDs

Children with a history of early complex trauma and toxic stress often display challenging behaviors that seem confusing but are actually the result of what is happening in their nervous system. Early toxic stress and trauma impacts the development of the sensory system, making children more at risk for differences in the way their sensory system experiences and processes the world. These differences may be underneath that challenging behavior you just can't figure out! This webinar will look at the different sensory systems, clearly articulate the symptoms you might be seeing that suggest a challenge in the system, and then tell you what to do about it!! Marti will cover picky eating, toileting challenges, hyperactivity, reading challenges, lethargy/avoidance, physically destructive behavior, and sleep difficulties.

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**Material Title:** Food Refusal and Avoidant Eating in Children, Including Those with Autism Spectrum Conditions; A Practical Guide for Parents and Professionals  
**Author:** Gillian Harris  
**Pages:** 232  
**Date:** 7/19/2018  
**Publisher:** Books

Many children with Autism Spectrum Disorder (ASD) have a restricted dietary range, and this book provides parents with advice and training on how to deal with this condition and achieve a healthier and more balanced diet. Now described as Avoidant or Restrictive Food Intake Disorder (ARFID), it is due to sensory hypersensitivity, and it can impact upon the health of the child, upon the family, and upon social integration.

Based upon successful training packages the authors provide for parents and professionals, this book enables the reader to understand the condition and work with it, gradually increasing the range of food a child is able to eat. It includes 'box outs' with case studies, points of interest and action points to make this an accessible and resourceful read.

**Material Title:** Fragile X Syndrome: Medical and Educational Approaches Toward Intervention (Audiotape)  
**Author:** Randy Jenssen Hagerman  
**Pages:** 90 minutes  
**Date:** 1994  
**Publisher:** Audiotapes

This 90-minute audio cassette contains a discussion of medical and educational approaches toward the treatment of individuals with Fragile X Syndrome. This discussion includes a framework for understanding sensory integration theory as it applies to the child's functional roles as family member, student and member of the community.
### Sensory Integration

Meet Self-Control, a super hero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers.

Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

<table>
<thead>
<tr>
<th>Material Title</th>
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<th>Date</th>
<th>Pages</th>
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<tr>
<td><strong>Improving Sensory Processing in Traumatized Children</strong></td>
<td>Sarah Lloyd</td>
<td>1/21/2016</td>
<td>118</td>
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<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><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>
</tr>
<tr>
<td><strong>Making Sense of Sensory Integration (Audiotape)</strong></td>
<td>Audio</td>
<td>1998</td>
<td>75 minutes</td>
</tr>
<tr>
<td><strong>Mind Apart, A: Understanding Children with Autism and Asperger Syndrome</strong></td>
<td>Peter Szatmari</td>
<td>2004</td>
<td>210</td>
</tr>
<tr>
<td><strong>Misunderstood Child, The: Understanding Sensory Integration (Audiotape)</strong></td>
<td>Lynnette Burke</td>
<td>February 200</td>
<td>4 hours</td>
</tr>
</tbody>
</table>

Highly accessible with lots of practical tips and examples, this book is written for adoptive and foster parents, and will also be useful for social workers, fostering and adoption workers and those working in primary and early years educational settings.

Telling of her own courageous experience with two adoptive sons, Shilts demonstrates the incredible progress that is possible for children with neurological impairments.

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.

Why would a child refuse to talk about anything but wasp wings-or the color of subway train doors? What does it mean when a nine-year-old asks questions about death hundreds of times a day? And how can parents build a close relationship with a little girl who hates to be touched? In this compassionate book, leading autism authority Dr. Peter Szatmari shows that children with autism spectrum disorders act the way they do because they think in vastly different ways than other people. Dr. Szatmari shares the compelling stories of children he has treated who hear everyday conversation like a foreign language and yet, with the support of the right professionals, can find their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

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.

This tape of an ORPARC 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.
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Material Title: No Longer A SECRET: Unique Common Sense Strategies for Children with Sensory or Motor Challenges
Author: Doreit Bialer
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!

Material Title: Out-of-Sync Child Grows Up, The; Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years
Author: Carol Stock Kranowitz
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.

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

Material Title: Out-Of-Sync Child, The: Recognizing and Coping with Sensory Integration Dysfunction
Author: Carol Stock Kranowitz
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.

Material Title: Parenting Traumatized Children with Developmental Differences; Strategies to Help Your Child’s Sensory Processing, Language Development, Executive Function, and Challenging Behaviors
Author: Sara McLean
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.
### Sensory Integration

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<tr>
<th>Material Title</th>
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<th>Year</th>
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<tbody>
<tr>
<td>Parent’s Guide to Asperger Syndrome and High-Functioning Autism, A: How to Meet the Challenges and Help Your Child Thrive</td>
<td>Sally Ozonoff</td>
<td>2002</td>
<td>278</td>
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<tr>
<td>Pediatric Disorders of Regulation in Affect and Behavior: A Therapist’s Guide to Assessment and Treatment</td>
<td>Georgia DeGangi</td>
<td>2000</td>
<td>371</td>
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<tr>
<td>Quirky Kids: Understanding and Helping Your Child Who Doesn’t Fit In - When to Worry and When Not to Worry</td>
<td>Perri Klass, M.D. and Eileen Costello, M.D.</td>
<td>2003</td>
<td>360</td>
</tr>
<tr>
<td>Raising A Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues</td>
<td>Lindsey Biel and Nancy Peske</td>
<td>2005</td>
<td>339</td>
</tr>
<tr>
<td>Raising a Sensory Smart Child; The Definitive Handbook for Helping Your Child with Sensory Processing Issues</td>
<td>Lindsey &amp; Nancy Biel &amp; Peske</td>
<td>8/25/2009</td>
<td>512</td>
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<tr>
<td>Raising Resilient Rascals 2008: Disc 1 (DVD)</td>
<td></td>
<td>2008</td>
<td>3 hours</td>
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<tr>
<td>Seeing Clearly: A Synergistic Blend of Behavioral Optometry and Occupational Therapy Focused on Enhancing Visual Perception</td>
<td>Lois Hickman</td>
<td>2000</td>
<td>22</td>
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Wednesday, February 26, 2020
The self-control super hero is back! This time, they've come prepared with simple strategies to tackle the difficult emotions and challenges of everyday life. From the morning routine to making friends at recess, paying attention in class and getting a good night's sleep, this guide will help children stay on track and save the day!

Focussing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control.

Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.

Sensory Processing Disorder is an increasingly common diagnosis, with a wide range of symptoms that can be difficult for parents and pediatricians to identify. In Sensational Kids, internationally renowned expert Dr. Miller shares her more than forty years of experience and research findings on SPD. Now in its fourteenth printing, with more than 50,000 copies sold in all formats, it is an authoritative and practical guide to understanding and treating this little-understood condition.

Newly updated, this revised edition will include the latest research on SPD’s relationship to autism, as well as new treatment options and coping strategies for parents, teachers, and others who care for kids with SPD. Other topics include:

The signs and symptoms of SPD

Its four major subtypes

How the disorder is diagnosed and treated sensory strategies to help SPD kids develop, learn and succeed, in school and in life.

This booklet, written in easy-to-understand language for parents of children who have problems integrating sensory input, opens the door to understanding and treating the disorder. It introduces some of the difficulties the child may encounter, examines specific types of problems related to the disorder, and offers ways to help remediate those problems. Suggested techniques are straightforward and nurturing, respecting the child’s dignity. They are easy to implement and fun too.

Every year, tens of thousands of young children are diagnosed with disorders that make it difficult for them to absorb the external world. Parents of sensory kids—like those with sensory processing disorder, anxiety disorder, AD/HD, autism, bipolar disorder, and OCD—often feel frustrated and overwhelmed, creating stress in everyday life for the whole family. Now, with The Sensory Child Gets Organized, there’s help and hope.

As a professional organizer and parent of a sensory child, Carolyn Dalgliesh knows firsthand the struggles parents face in trying to bring out the best in their rigid, anxious, or distracted children. She provides simple, effective solutions that help these kids thrive at home and in their day-to-day activities, and in this book you’ll learn how to:

-Understand what makes your sensory child tick
-Create harmonious spaces through sensory organizing
-Use structure and routines to connect with your child
-Prepare your child for social and school experiences
-Make travel a successful and fun-filled journey

With The Sensory Child Gets Organized, parents get an easy-to-follow road map to success that makes life easier—and more fun—for your entire family.

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.
### Sensory Integration

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Sensory Integration and Self-Regulation in Infants and Toddlers: Helping Very Young Children Interact with Their Environment</th>
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<tbody>
<tr>
<td>Author</td>
<td>G. Gordon Williamson and Marie E. Anzalone</td>
</tr>
<tr>
<td>Pages</td>
<td>2001 130 pages</td>
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Every child has a unique pattern of taking in and responding to information from the senses. Written for a multidisciplinary audience of infant-family professionals, the authors integrate knowledge from a variety of fields to help readers understand sensory development, and learn about effective assessment and intervention approaches.

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Sensory Integration and the Child</th>
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<tbody>
<tr>
<td>Author</td>
<td>A. Jean Ayres</td>
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<tr>
<td>Pages</td>
<td>Books 2005 168 pages</td>
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This volume explains sensory integrative dysfunction, how to recognize it, and what to do about it. Helpful tips, checklists, question-and-answer sections, and parent resources make it informative and useful. Indispensible reading for parents, this book is also an excellent way to improve communication between therapist, parents and teachers.

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Sensory Processing for Parents: From Roots to Wings (DVD)</th>
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<tbody>
<tr>
<td>Author</td>
<td>DVD TCU Institute of Child Development</td>
</tr>
<tr>
<td>Pages</td>
<td>DVDs 1998 28 minutes</td>
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This DVD presents information about sensory processing disorders, addressing difficulties in motor coordination/planning, self-regulation and sensory defensiveness. Children are seen doing the kinds of sensory activities that help them to be successful in daily life and to feel good about themselves. Parents explain the impact these difficulties have had on the lives of their children. A major focus of this video is on strategies for addressing these sensory concerns.

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Sensory Processing for Parents: From Roots to Wings (VHS)</th>
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<tbody>
<tr>
<td>Author</td>
<td>Videotapes TCU Institute of Child Development</td>
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<tr>
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<tr>
<th>Material Title</th>
<th>Sensory World, A: Making Sense of Sensory Disorder (DVD)</th>
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<tbody>
<tr>
<td>Author</td>
<td>TCU Institute of Child Development</td>
</tr>
<tr>
<td>Pages</td>
<td>DVDs 2010 98 minutes</td>
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This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

<table>
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<tr>
<th>Material Title</th>
<th>Sometimes Noise is Big; Life with Autism</th>
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<tr>
<td>Author</td>
<td>Angela Coelho</td>
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<tr>
<td>Pages</td>
<td>Children's Books 10/19/2017 40</td>
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Flipping the perspective for neurotypicals, this book explains in simple terms some of the sensory issues experienced by children with autism. It shows situations which can be overwhelming and the ways that somebody with autism might react when there is too much going on. This picture book raises awareness of autism and helps young children of all abilities to better understand these issues. Suitable for ages 5+.

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Songames For Sensory Integration (CD)</th>
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<tbody>
<tr>
<td>Author</td>
<td>Belle Curve Records</td>
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<tr>
<td>Pages</td>
<td>CDs 1999 87 minutes</td>
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This tape and accompanying 37 page booklet offers 25 therapist-created "Songames" to enhance oral motor skills, and expressive language play, while decreasing tactile, auditory, visual and sensory defensiveness in kids from age 3 to 8.

<table>
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<tr>
<th>Material Title</th>
<th>Songames For Sensory Integration (Audiotape)</th>
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<tr>
<td>Author</td>
<td>Belle Curve Records</td>
</tr>
<tr>
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This tape and accompanying 37 page booklet offers 25 therapist-created "Songames" to enhance oral motor skills, and expressive language play, while decreasing tactile, auditory, visual and sensory defensiveness in kids from age 3 to 8.
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.

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Sensory Integration

Understanding Your Child's Sensory Signals (Third Edition)
Angie Voss
Books
09/12/2011 130

Sensory tools and strategies made simple for home, school, and in the community! Handbook includes over 210 of the most common sensory signals and cues your child may be giving you. PLUS BONUS CONTENT...Sensory in a Nutshell! Just a little bit more, but not too much to overwhelm you. This practical, daily application handbook is helping parents, teachers, and caregivers all over the world to understand sensory signals and cues from a child rather than jumping to the conclusion of behavior driven. This user friendly “go to” handbook is geared for daily use and as a quick sensory reference guide designed to work hand in hand with ASensoryLife.com, where you can find printable handouts, sensory how-to videos, sensory tools and equipment ideas and links, as well as a sensory ideas on a budget. Enjoy the simple, organized format to give you the essential and useful information to respond to the child’s sensory needs right on the spot! The handbook provides simple everyday sensory strategies and techniques to help ALL children; including SPD, autism spectrum disorders, ADD/ADHD, APD, and developmental disabilities. This handbook provides guidance and understanding as to why children do what they do in regards to unique sensory processing differences and needs. When you respect a child’s sensory differences, it will change how you respond. Keep it Real. Keep it Simple. Keep it Sensory!

Uniquely Human; A Different Way of Seeing Autism
Barry Prizant
Books
7/19/2016 272

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 Can't Stop Bouncing; What to do about Hyperactivity in Children Including Those with ADHD, SPD, and ASD
K.I. Al-Ghani
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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.