

Resource List for Sensory

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Answers to Questions Teachers Ask About Sensory Integration. Carol Kranowitz (2001)

An introduction to sensory challenges. Includes diagnostic checklists, progress forms, and practical tools for working with children of all ages.

Arnie and His School Tools: Simple Sensory Solutions That Build Success. Jennifer Veenendall (2008)

Grades K-5. Introduces elementary students to basic sensory tools used to help children focus in classroom settings, such as fidgets, chewy pencil toppers and weighted vests. (45 pages)

Asperger Syndrome and Sensory Issues: Practical Solutions for Making Sense of the World. Brenda Smith Myles, PhD (2005)

Uncovers the puzzling behaviors by children and youth with Asperger syndrome (AS) that have a sensory base and, therefore, are often difficult to pinpoint and interpret.

Behavior Solutions for the Inclusive Classroom: A Handy Reference Guide that Explains Behaviors Associated with Autism, Asperger's ADHD, Sensory Processing, and other Special Needs. Beth Aune, Beth Burt & Peter Gennaro

Illuminates possible causes of those mysterious behaviors, and more importantly, provides solutions! Teachers can quickly look up an in-the-moment solution and learn about what the child is communicating, and why.

A Buffet of Sensory Interventions: Solutions for Middle and High School Students with Autism Spectrum Disorders. Susan Culp (2011)

Teens. Teaches teens with autism spectrum disorders to take ownership of their sensory needs by self-advocating and self-regulating as they transition into adulthood. (150 pages)

The Everything Parent's Guide to Sensory Processing Disorder. Terri Mauro. (2014)

Gives professional advice to help your child to manage sensory needs and feel calmer, happier, and in control, now and in the future.

Getting Kids in Sync: Sensory-Motor Activities to Help Children Develop Body Awareness and Integrate Their Senses. (DVD) (2010) (26 minutes)

Shows how to use these purposeful activities to help children develop their sensory-motor skills while improving learning and behavior.

The Goodenoughs Get In Sync. Carol Stock Kranowitz (2004)

Ages 8-12. Tale of five family members and their naughty dog (each with a different sensory processing challenge) and how they get in sync after a tough day (89 pages)

How Does Your Engine Run? A Leader's Guide to The Alert Program for Self-Regulation. Mary Sue Williams & Sherry Shellenberger (1996)

Describes an innovative program that supports children, teachers, parents, and therapists to choose appropriate strategies to change or maintain states of alertness. Students learn what they can do before a spelling test or homework time to attain an optimal state of alertness for their tasks.

I'll Tell You Why I Can't Wear Those Clothes! Talking About Tactile Defensiveness. Noreen O'Sullivan. (2014)

Intended for adults and children to read together, the illustrated book explains reasons a child may become emotionally overwhelmed by daily routines such as putting on clothing, socks and shoes

It's Haircut Time: How One Little Boy Overcomes his Fear of Haircuts. Michele Griffin. (2012)

Ages 4-8. Go along with one nervous little boy, as he faces a day he DREAMS – Haircut Day! This story fosters communication, tolerance and understanding between parent and child. (36 pages)

The Kid's Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses. Lauren Brukner. (2014)

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school.

Making Sense of Sensory Integration. Jane Koomar, Stacy Szklut & Sharon Cermak. (audio) (2005)

Understand the differences between sensory processing disorder and "look-alike" diagnoses. Learn what to look for at different ages and developmental stages from infancy through adulthood.

My Sensory Book: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause. Lauren H Kerstein (2008)

A workbook for parents, professionals and children to be used as a tool to assist children in understanding their sensory systems better.

My Service Dog: One Way a Boy Got Help with His Sensory Processing Disorder. Cindy M Jusino. (2013)

Grades K and up. This book is based on a true story of a boy that received a service dog to help with his Sensory Processing Disorder. (26 pages)

The Out-of-Sync Child Has Fun. Carol Kranowitz (2003)

Presents activities that parents of kids with Sensory Integration Dysfunction can do at home with their child to strengthen their child's abilities-and have some fun together along the way.

The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction. Carol Kranowitz (DVD/85 minutes/2009)

This guide explains how SI Dysfunction can be confused with ADD, learning disabilities, and other problems, tells how parents can recognize the problem-and offers a drug-free treatment approach for children who need help.

Picky, Picky Pete: A boy and His Sensory Challenges. Michelle Griffin. (2010)

Grades Pre-K and up. Children's book about a boy with sensory processing disorder. (48 pages)

Raising Kids with Sensory Processing Disorders: A Week-by-Week Guide to Solving Everyday Sensory Issues. Rondalyn V Whitney & Varleisha D Gibbs. (2014)

Offers a compilation of unique, proven strategies parents can implement to help their children move beyond their sensory needs and increase their performance on tasks like homework, field trips, transitions between activities, bedtime, holidays, and interactions with friends.

Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues. Lindsey Biel & Nancy Perske (2005)

For children with sensory integration issues-those who have difficulty processing everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights-this groundbreaking book is an invaluable resource.

Sensational Kids: Hope and Help For Children with Sensory Processing Disorder (SPD). Lucy Jane Miller (2006)

Portraits of five children illustrate the different ways in which SPD may manifest itself as well as how families cope, while offering hope and advice to parents on how to be the best possible advocates for their children.

The Sensory Detective Curriculum: Discovering Sensory Processing and How It Supports Attention, Focus & Regulation Skills. Paula Aquilla, Alexi Edelstein & Paula Riczker. (2016)

Enables students to discover sensory processing and how it supports attention, focus, and regulation skills.

Sensory Issues in Learning & Behavior. Carol Kranowitz (DVD) (2009) (3 hours)

Discusses recent research in Sensory Processing Disorder (SPD), the six types of SPD and how they affect the daily lives of children, and available treatment and therapy options.

The Sensory Processing Disorder Answer Book: Practical Answers to the Top 250 Questions Parents Ask. Tara Delaney (2008)

Reference book that gives answers to most pressing questions about SPD.

Sensory Processing Disorder: Simulations and Solutions for Parents, Teachers and Therapists. (DVD kit) (2006) (25 minutes)

Kit includes DVD, small mirror, overhead magnifier, reproducible handouts, and directions on how to carry out the simulation exercises.

The Sensory-Sensitive Child: Practical Solutions for Out-Of-Bounds Behavior. Karen A. Smith, PhD et al (2004)

Explains that the central and frequently unrecognized role that sensory processing problems play in a child's emotional and behavioral difficulties.

Sensory Smarts: A Book for Kids with ADHD or Autism Spectrum Disorders Struggling with Sensory Integration Problems. Kathleen A. Chara, Paul J Chara & Christian P. Chara (2004)

Ages 8 and up. We wrote "Sensory Smarts" to help people dealing with a broad range of Sensory Integration Problems. (80 pages)

The Sensory Team Handbook: A Hands-on Tool to Help Young People Make Sense of Their Senses and Take Charge of Their Sensory Processing. Nancy Mucklow (2009)

Pre-Teens. Upbeat, humorous, and hands-on, each chapter is stuffed with comics, cartoons, diagrams, quizzes, trivia, and question-answer sections.

This Is Gabriel Making Sense of School: A Book About Sensory Processing Disorder. Hartley Steiner (2010)

Elementary. This picture book gives teachers, parents and students a better understanding of all the seven senses, how they are each affected at school and what kinds of accommodations are necessary to help children with SPD become learning sensations. (28 pages)

Too Loud, Too Bright, Too Fast, Too Tight. Sharon Heller, PhD (2003)

Provides tools and therapies for alleviating and, in some cases, even eliminating sensory defensiveness.

Totally Chill, My Complete Guide to Staying Cool: A Stress Management Workbook for Kids with Social, Emotional, or Sensory Sensitivities. Christopher Lynch, PhD. (2012)

Stress management workbook that is meant to be read, completed, and used as much as possible by children themselves. Its fun graphics and interactive style make it ideal for children grades 3 through middle school.

Understanding Sensory Dysfunction: Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, LD and Bipolar Disorder. Polly Godwin Emmons et al (2005)

Understanding Sensory Dysfunction is a clear and comprehensive resource to identifying and addressing sensory dysfunction in children, using a range of practical strategies to help them reach their full potential at home, at school and in the community.

Unlocking the Mysteries of Sensory Dysfunction. Elizabeth Anderson & Pauline Emmons (2004)

Tells parents and teachers what they need to know and what to do about babies who can't be comforted or toddlers who can't communicate.

Why Does Izzy Cover Her Ears? Dealing with Sensory Overload. Jennifer Veenendall (2009)

Elementary. Offers helpful insights about sensory modulation disorders to students, parents, and educators. (39 pages)