Resource List for Sensory
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8460

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.

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)

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.

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)

This book is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

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

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

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)

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.
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

Introception the Eighth Sensory System: Practical Solutions for Improving Self-Regulation, Self-Awareness and
Delivers an overview and describes the clear link between interoception and important skill areas such as self- awareness,
self-regulation, problem solving, social intuition, perspective taking and more.

Ages 4-8. Go along with one nervous little boy, as he faces a day he DREADES – 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.

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

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)

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.

Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child's Sensory
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.

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

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.
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.

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.

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

 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.

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

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

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

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

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

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)

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

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 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.

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.

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