

## Recommended Reading List

Kranowitz, Carol S (1998). *The Out-of-Sync Child*. New York, NY: Perigee.

This is a great book for parents and school professionals. It explores how to recognize and cope with sensory processing difficulties, with many every day examples of recognizing and helping with challenges at home and at school. Many parents read this book and feel that it helps them understand things they haven't been able to grasp or put their finger on. I would recommend it as a great first book to read. Also, it's good for busy people because chapters are quick to read with lots of pictures/ diagrams, examples, etc.

Kranowitz, Carol S (2003). *The Out-of Sync Child Has Fun*. New York, NY: Perigee.

Need an idea? This book is loaded with concrete examples of fun activities for children. It also breaks activities into sections, according to which skills the activity works on.

Williams, Mary Sue and Shellenberger, S (2001). *Take Five! Staying Alert at Home and School*. Albuquerque, NM: TherapyWorks, Inc.

This is a workbook-like overview of the Alert "How Does Your Engine Run?" Program. The program teaches children and adults how to use sensory integration tools and techniques in the home, or throughout the school day, in order to keep their arousal levels at an ideal state for the activity at hand. There are brief, but understandably sufficient introductions about the different SI areas. There's also an explanation of 'sensory diets', with specific activity examples in each section. I like this book if you want to invest in a quick and easy reference book. It's also great because it has checklists for the adults to ponder for themselves. If you want more detail, or comprehensive explanations, I'd go for [Out of Sync Child Has Fun](#).

Miller, Lucy Jane, (2006) Sensational Kids. New York, NY: Penguin Group

This is a great book for parents and teachers that thoroughly explains Sensory Processing Disorder. It has tons of technical information combined with real life practical information that makes this an invaluable resource. The author has done a vast amount of research within the Occupational Therapy field, especially in the areas of Sensory Processing.