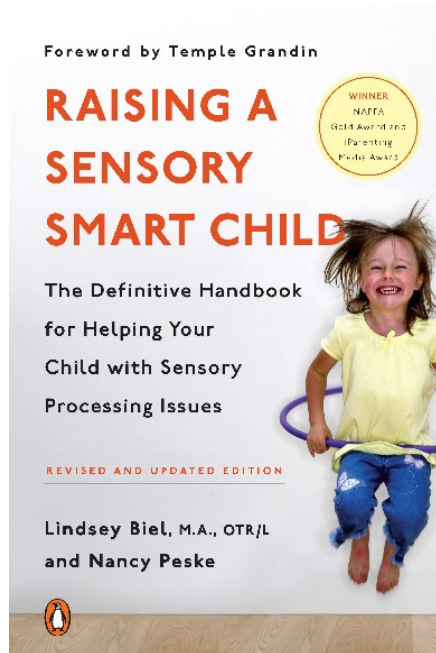


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RAISING A SENSORY SMART CHILD

*The Definitive Handbook for Helping Your
Child with Sensory Processing Issues*

by Lindsey Biel, M.A., OTR/L
and Nancy Peske

Foreword by Temple Grandin

FULLY REVISED AND UPDATED

The classic, essential resource for coping with Sensory Processing Disorder is now updated and expanded with even more tips and strategies and a new chapter on technology and kids with sensory issues!

“My hair hurts.”

“The letters in this book keep wiggling.”

“That toothpaste is too slimy and spicy.”

For as many as 1 in 10 children, something goes wrong when their brains try to process everyday sensations. Whether babies or teens or in between, these children exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights. They may have difficulty reading words on a mobile device screen but not on a page of a book or vice versa. They may become overstimulated easily, have trouble tolerating clothing and grooming, or withdraw from seemingly fun activities because they have sensory processing differences. Fortunately, the invaluable resource and groundbreaking, best-selling, award-winning book **RAISING A SENSORY SMART CHILD: The Definitive Handbook for Helping Your Child with Sensory Processing Issues** (Penguin; \$18.00; on-sale: October 2, 2018) has just been reissued in a third edition and is even more comprehensive and helpful than ever.

Sensory processing challenges affect all kinds of kids—from those with developmental delays, learning and attention issues, or autism spectrum disorders to those without *any* other issues. Pediatric occupational therapist Lindsey Biel, M.A., OTR/L, and Nancy Peske, the mother of a child with sensory issues, have updated, revised, and expanded their best-selling, award-winning book, adding a preface to the new edition, a revised and enhanced chapter on autism and sensory issues, essential new strategies and tips for common struggles such as developing self-regulation skills, and an all-new chapter, Technology and Kids with Sensory Issues. Many parents struggle to integrate technology wisely into children’s lives, attempting to balance

screen time with sensory needs so they can enhance learning, organization, socialization, and leisure time. The new chapter discusses ways to get kids who adore technology outside and into nature, moving, and using technology in a responsible and balanced way. The newly revised edition of *Raising a Sensory Smart Child* also offers strategies for using yoga, mindfulness practices, and other self-regulation techniques that can help children to manage their sensory issues and anxiety, focus better, and develop “sensory smarts.” A sensory smart child is empowered to effectively advocate for themselves at school and out in the community.

This new edition of **RAISING A SENSORY SMART CHILD** is comprehensive and contains the very latest information. In this “bible” of sensory processing, readers will learn:

- How the 8 senses (yes, 8!) are supposed to work together and what happens when they don’t
- Practical solutions for daily challenges, from brushing teeth to handling holiday gatherings
- Strategies for managing sensitivities to noise, smell, textures, and more
- “Sensory Diet” activities that help meet sensory needs, with new ideas for kids, teens, adults, and families
- How to practically and emotionally support children and teens with autism and sensory issues
- Ways to advocate for your child at school and make schools more “sensory smart”
- How to help your child with sensory issues use technology effectively and responsibly
- Ways to empower your child and teen in the world
- Where to get the best professional help and complementary therapies
- Where to find helpful toys and equipment, information on developmental delays and autism, and more

In all, the most comprehensive guide to sensory processing challenges is now more detailed and useful than ever. Loved and celebrated by parents, teachers, therapists, doctors and others, the new edition of **RAISING A SENSORY SMART CHILD** is a must-have volume for anyone who cares about a child with sensory issues.

WINNER of the **NAPPA GOLD AWARD** and **iPARENTING MEDIA AWARD**

ABOUT THE AUTHORS:

Lindsey Biel, M.A., OTR/L is a pediatric occupational therapist with a private practice in New York City. She works with children, teens, and young adults with sensory processing disorder, autism spectrum disorders, developmental delays, learning challenges, and other issues.

Nancy Peske is a freelancer writer, editor, and consultant who has cowritten or ghostwritten numerous bestsellers and award-winning books. Nancy lives in Milwaukee, Wisconsin, with her husband and her son (who was diagnosed at age 2 with sensory processing disorder and multiple developmental delays).

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For more information or to set up an interview with **Lindsey Biel** or **Nancy Peske**, please contact **Ben Petrone / 212.366.2440/ bpetrone@prh.com**

Please visit www.sensorysmarts.com or www.penguin.com for more information

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