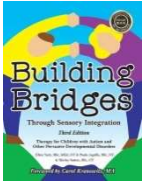


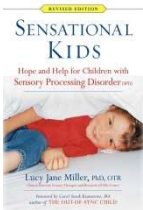
Sensory Processing/Integration & Self-Regulation Resources

A note on Language: Sensory Processing or Sensory Integration refers to the way a person understands and responds to sensory input. Self-Regulation considers how a person is able to control their responses to the world. While some of the references included in this list discuss sensory-based difficulties in relation to a specific diagnosis, in Canada we focus more on how a child is affected in their every-day life rather than a specific diagnosis.

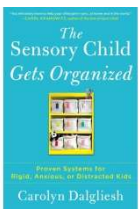
Books for Adults



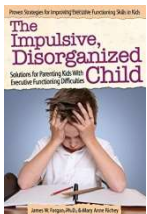
- **Building Bridges Through Sensory Integration**, 2nd Edition (Yack, Suttan & Aquilla) Future Horizons, Inc.
Overview of sensory processing and practical suggestions for difficulties in daily life.



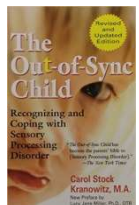
- **Sensational Kids: Hope & Help for Children with Sensory Processing Disorder** (Lucy Jane Miller). Revised, 2014. Penguin Publishing Group.
Includes the latest research on SPD's relationship to autism, as well as new treatment options and coping strategies for parents, teachers, and others who care for kids with SPD. Other topics include: 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.



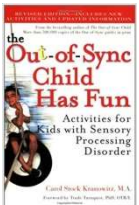
- **The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids** (Carolyn Dalgliesh). 2013. Touchstone: A Division of Simon & Schuster, Inc.
Written by a parent for parents this book looks at practical ideas for organizing schedules and physical space for children with sensory difference. Includes worksheets and exercises.



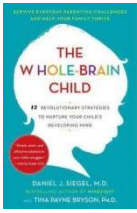
- **The Impulsive, Disorganized Child: Solutions for Parenting Kids with Executive Functioning Difficulties**. James W. Forgan & Mary Anne Richey). 2015. Prufrock Press, Inc.
Written by Psychologist parents of children with ADHD this book is for parents of children who have difficulty plan, initiate or sustain or organize themselves at home or at school. Self-control, focus, working memory, transition and emotional self-regulation, organizing, time-management, planning, problem solving and goal-setting are examples of issues addressed.



- **The Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder**. Carol Kranowitz. 2006.
This is the first in a series of well recognized books of children who have difficulty with sensory processing and emotional regulation.

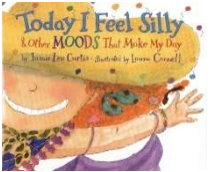


- **The Out of Sync Child has Fun: Activities for Kids with Sensory Processing Disorder**. Carol Kranowitz. 2006. *Activities designed to decrease effects of sensory sensitivities and increase difficulties with fine or gross motor skills.*



- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture your Child's Developing Mind Daniel J. Siegel and Tina Payne Bryson. *This book provides some insight and practical strategies around emotional regulation and linking the “thinking” and “feeling” parts of your child.*

Books for Kids



Today I feel Silly & other Moods that Make My Day. Jamie Lee Curtis

A young girl explores and explains the many moods that she encounters and how she responds. A good option for children who may have difficulty with emotional regulation.

Charlotte and the Quiet Place. Deborah Sosin



A young girl is overwhelmed by the sensory stimulation of the busy world around her. She finds peace in nature, slowing her breathing, and learns she has some control over how she responds to the world.

Sources

- **BC Children's Hospital Family Resource Library**
<http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/default.htm>
Ambulatory Care Building (same as Starbucks), 2nd floor
4480 Oak Street
604-453-8335
- **Public Libraries**
- **Odin Books**, Mental Health & Educational Resources 1110 West Broadway, Vancouver, BC
Phone 604-739-8804; 1-800-223-6346
- **Amazon Books**

Online Resources

- Canadian Self-Regulation Initiative
www.self-regulation.ca
- Sensory Processing Disorder Foundation
www.spdfoundation.net
- The Alert Program- How Does your Engine
www.alertprogram.com



Run?

This well recognized program includes books and online program outlining sensory integration (processing) and self-regulation strategies.

****SOME THERAPISTS PROVIDE EDUCATION BASED ON THIS PROGRAM***

