

Sensory Processing Resources



- Websites

www.sensorysmarts.com

Website by the authors of the book 'Raising a Sensory Smart Child' has some useful checklists, tips and activity sheets.

www.autism.org.uk/sensory

The National Autistic Society website includes some information the sensory processing difficulties and provides suggestions of books and website.

www.rompa.com

Sensory products and resources.

www.sensorytoywarehouse.com

Company specialising in sensory activities, toys and equipment.

www.chewigem.co.uk

Company specialising in safe sensory chewable jewellery and other items (e.g. bangles and chewy tubes for hoodie laces etc) that are fun to wear and provide the necessary proprioceptive sensory inputs for children who need to chew.

www.kelly-mahler.com/what-is-interoception

Website explaining interoception. It includes resources for further learning.

www.alertprogram.com

Alert Programme resources for children, parents, teachers and therapists.

www.nhsggc.org.uk/kids/lifeskills/joining-in-with-sensory-differences

NHS Greater Glasgow and Clyde Paediatric Occupational Therapy Services, in partnership with Glasgow Children's Hospital Charity, developed this very user friendly and helpful digital eHealth tool.

Sensory Processing Resources



- Books

***The Out-Of-Sync Child* (2005) Carol Stock Kranowitz**

Informative and clearly written book which is ideal for parents and teachers.

***The Out-Of-Sync Child Has Fun* (2003) Carol Stock Kranowitz**

This book features more than one hundred fun, sensory motor activities that help develop sensory processing skills and motor coordination skills. It is full of simple ideas that don't need expensive pieces of equipment. Makes a great companion book to 'The Out-of-Sync Child'. Ideal for parents, teachers and therapists. It is one of those 'must-have' books.

***Early Intervention Games* (2009) by Barbara Sher**

A book of fun games that can be played at home or school to develop social and motor skills. The games are designed for children with autism or sensory processing differences. It is a great resource particularly for early years.

***Preschool Sensory Scan for Educators* (2006) by Carol Kranowitz**

Checklists for teachers to identify preschool children who may have sensory processing differences.

***Sensational Kids* (2006) by Lucy Jane Miller**

Very useful book for teachers and health care professionals, written by an expert in the field.

***Too Loud, Too Bright, Too Fast, Too Tight* (2002) by Sharon Heller**

This book is especially useful for teenagers and adults. It is subtitled 'What to do if you are sensory defensive in an overstimulating world'.

***Sensory Balance* (2006) by Erna Blanche**

This book is a quick reference guide for parents and professionals (only 32 pages).

***Sensory Integration and the Child* (2005) 25th Anniversary Edition by Jean Ayres**

Revised and updated edition of the classic book written for teachers and parents by the founder of sensory integration theory.

***Just Take A Bite* (2004) Lori Ernsperger and Tania Stegen-Hanson**

This book is an excellent resource for parents with children with eating challenges. It provides a practical guide to understanding the many issues that can affect children who struggle with limited food choices.

***Raising a Sensory Smart Child* (2005) Lindsay Biel and Nancy Peske**

Informative book with plenty of practical strategies for parents.

***The Sensory Team Handbook* (2009) Nancy Mucklow**

This book is an excellent resource explaining sensory processing problems to older children and teenagers.

***The Sensory-Sensitive Child* (2004) Karen Smith and Karen Gouze**

This book explains the central role of the senses and provides 'sense-able parenting' strategies for home and school.

***Interoception* (2017) Kelly Mahler**

This book explores the link between interoception, sensory difficulties and self-regulation and the autism spectrum.

***Calm with the Very Hungry Caterpillar* (2016) Eric Carle**

This beautiful book features a simple, easy-to-follow journey to relaxation, perfect for children and adults of all ages.

***Elmer's Walk* (2018) David Mckee**

This book takes the reader along a walk through the jungle, appreciating the beautiful smell of the flowers or watching the butterflies dance, his friends rush past, far too busy to stop and enjoy it with him. Teaching how to be in the moment.

***Mindfulness for Parents* (2017) Amber Hatch**

This book includes lots of practical information alongside anecdotes, tips and insights that will help parents, whether they are new to mindfulness or well-practised.

***Yoga Bugs* (2017) Sarah Jane Hinder**

In this board book, young learners are asked to imitate ten familiar insects with child-friendly yoga poses.