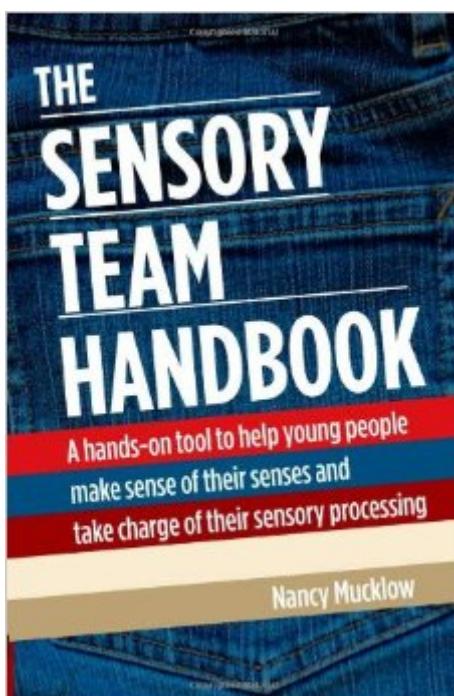


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# The Sensory Team Handbook: A Hands-on Tool To Help Young People Make Sense Of Their Senses And Take Charge Of Their Sensory Processing



## **Synopsis**

The Sensory Team Handbook is the first book on sensory processing written for pre-teens and young teens. Upbeat, humorous, and hands-on, each chapter is stuffed with comics, cartoons, diagrams, quizzes, trivia, and question-answer sections. The Handbook compares the senses to a sports team that needs a coach and then shows the reader how to coach that team. This sensory team approach turns therapy into something kids can do by and for themselves. Entirely jargon-free, and written in simple, everyday language, The Sensory Team Handbook inspires kids and teens to take charge of their own sensory issues.

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (16 customer reviews)

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## **Customer Reviews**

I love this book. I HIGHLY recommend reading it with your child. My daughter's occupational therapist recommended it as we were just starting to learn what SPD is, and I'm so glad she did. It has given us both a better understanding of the physiology behind her problem in easy terms that a 10 year old can understand, but wouldn't be rudimentary for an older child or adult, either. I sometimes expand on some of the information that is just slightly above her level, but most of it is understandable. In hindsight, I wish I had asked my husband and other daughter to read it to give them a better understanding of this issue as well.

Although not diagnosed with anything, our son is on the edge of many areas and we have been constantly looking for something that helps explain who he is and how to cope with how he functions. Everything led us to sensory issues, so we got this book (for him) to read, for as a 4th grader, he was definitely tired of listening to his parents tell him about things. From the minute we

did the "look inside" he was excited to see that a book let him know that it was okay to be different and that others were like him! The book arrived today and he read for 2 hours after his homework. He kept running in to show me how it pertained to him (or didn't) and loved explaining to his younger brother just how each of us is "like a football team." I was thrilled to see him feel so good about himself and to be relieved of the duty of coming up with how to say to him that he was not that different from everyone else. This book is wonderful! It really gives the child a sense of ownership of who they are and how they can take control of certain things in their life to feel better about their daily living and how to feel more in control each day. When they start to forget what they have learned, a quick glance at the comics will be a gentle reminder of where they need to be and what they have read. I would recommend this to anyone and everyone from about grade 4-10.

I think this is a brilliant book. I LOVE that it is geared specifically to the kids themselves. It is incredibly user friendly and easy to read. Mucklow uses great illustrations that keep the reader engaged in what she is saying. I learned a lot reading this book because it made it easier to see the world through my kid's eyes. I will definitely be keeping this book for Aiden to read once he is old enough. So much of the time these kids are surrounded by adults talking ABOUT them but this book brings them into the conversation and helps to give them some control in a time when they feel so out-of-control. The teen years are hard for all kids but Sensory issues make them even harder- this book can help! I would definitely recommend *The Sensory Team Handbook* to any family that has been touched by Sensory Processing Disorder. I also think this book would be an amazing resource for schools and Occupational Therapists to keep on hand for the kids they work with.

Finally, a book for our middle schoolers that explains Sensory Processing Disorder ("SPD"). Written for the adolescent, it is at times humorous; others times it takes a no-nonsense approach to explaining the often-times confusing world of SPD and helps to make sense of your teenagers world. This is on our "must-read" list for 2009! Carrie Fannin *Sensory Planet*

My daughter wasn't thrilled with this. She's said she's heard a lot of this from the professionals she meets with so she didn't finish it. Perhaps if your teen is just beginning to cope with their issues this would be good fit...

We loved this book cause it is written in a down to earth user friendly format that explains sensory to the kids that have it. Gives them a deeper understanding of who they are so they don't feel so weird

anymore. It also gives them things to do to cope and to even feel better or more centered. Very much would recommend!

This handbook is very user friendly. I have found that it is a great start for children and their parents to begin learning about how sensory processing affects their life. This book makes so much sense and does a great job explaining these concepts in normal, every day life circumstances. It helps kids feel that these tendencies do not have to mean they have a "disorder", and it is reassuring for them to have some concrete strategies as well!

I have a child with sensory integration issues - and have searched high and low for resources to help me as he grows older. It seems that most of the books are written for younger children and the advice, while helpful for a preschooler, is not relevant or practical for an older child. Thank God I found this book! It is written for the pre-teen/adolescent, so it's written in very tangible, simple, and practical terms. It very clearly explains how the brain and body works and gives kids simple and easy ways to help address and mitigate their sensory integration issues. I read it cover to cover, made my son read it, and gave a copy to his teacher. We have all used the techniques in the book and it has made a tremendous difference! This book should be in the library of EVERY parent whose child has sensory integration issues!

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