



# Parenting a Child with Sensory Processing Disorder: A Family Guide to Understanding and Supporting Your Sensory-Sensitive Child

*Christopher Auer MA, Susan Blumberg PhD, Lucy Jane Miller PhD OTR*

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Does your child react strongly to noises or smells or textures that other children take in stride? Or does he or she beg for more touch and massage, rocking until he or she is dizzy? This child may be living with a little-known condition called sensory processing disorder (SPD). Kids with SPD may seem unduly sensitive to physical sensations, light, and sound, or they may seek out sensations that might make another child woozy. SPD can make it hard for kids to concentrate in school, engage in social events, and live peaceably with other family members. Until now, there have been only limited resources for parents of kids with this condition, but in this book a child advocate and child psychologist offer a comprehensive guide to parenting a child with SPD and integrating his or her care with the needs of the entire family.

The book describes the symptoms of SPD and offers an overview of what it means to live with and care for a child with the condition. It provides a range of activities that help strengthen family relationships, improve communication about the disorder, and deal with problem situations and conditions a child with SPD may encounter. Throughout, the book stresses the importance of whole-family involvement in the care of a child with SPD, making sure that everyone is given the attention they need. Finally, you'll read real-life stories providing ideas that you can put to work in your own family.

Learn about SPD, its signs, and causes

- Make a plan to involve the whole-family in caring for a child with SPD
- Communicate effectively about SPD with loved ones, teachers, and doctors
- Find ways to manage everyday SPD challenges
- Encourage independence and confidence in a child with SPD

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