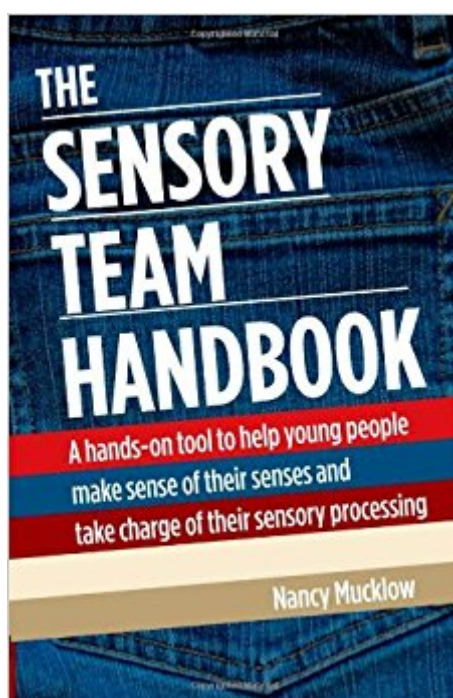


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# The Sensory Team Handbook: A Hands-on Tool To Help Young People Make Sense Of Their Senses And Take Charge Of Their Sensory Processing



## 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: 4.2 out of 5 stars 16 customer reviews

Best Sellers Rank: #745,142 in Books (See Top 100 in Books) #9 in [Books > Teens >](#)

[Personal Health > Physical Impairment](#)

## Customer Reviews

"A wonderfully refreshing book...the only book of its kind dealing with youngsters in the second half of elementary school and early junior high. This would be a wonderful tool for a therapist to work through each chapter with the child, or for the parent and child to work together. I highly recommend this book for parents, therapists, and children alike." --Dr. Lucy Jane Miller, author of Sensational Kids: Hope and Help for Children with Sensory Processing Disorder

"An invaluable resource for pre-teens. In easy-to-follow language, with lots of fun graphics kids can relate to, this book explains sensory processing problems and helps to empower young adults to take a key role in managing their daily life experiences."

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.

This book is a gem. Well written for the younger teen to understand and very clear explanations of what is happening in our brains and bodies as we interact with the world. Includes specific activities to help with each area of sensory processing that a teen might be struggling with. Very identifiable descriptions that allow a teen to recognize themselves and to realize they are not alone in their struggles. I would highly recommend this book for anyone with a preteen or teen struggling with sensory processing issues

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...

LOVE this book! Saved myself from years of confusion with my children!

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!

Easy to understand

My son has SID and he found it very helpful. I would recommend this book to any SID teen trying to understand their actions and reactions in a given situation.

This book was somewhat helpful. We have a 17 year old that was just diagnosed as being Sensory Sensitive. The book was informative, but not necessarily that helpful in guiding a person of this age in dealing with her sensory difficulties.

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