



# Sensory Processing 101

*Dayna Abraham, Claire Heffron, Pamela Braley, Lauren Drobnjak*

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## **NEVER STRUGGLE TO EXPLAIN "SENSORY" AGAIN**

Whether you are a parent, educator, caregiver, or therapist, this easy-to-read guide is your starting point to gain a better understanding of sensory processing and the body's sensory systems. You may have heard of Sensory Processing Disorder, but this book is designed to help all children - not just those with a sensory disorder. The truth is that supporting healthy sensory processing is an important part of promoting overall health in every child.

## **BECOME A STRONGER TEACHER AND A MORE "TUNED IN" PARENT**

ALL children have unique sensory preferences and needs. When we don't fully understand sensory processing, we may misinterpret behaviors, labeling children as "naughty" or "spoiled". When parents and teachers understand the basics of sensory processing, they are more tuned into kids' basic needs and can use simple strategies to address them at home and in the classroom.

## **3 BOOKS IN 1 Easy to Use Resource**

No more piecing information together from several different resources. Sensory Processing 101 contains simple explanations about sensory processing, creative and engaging sensory activities for kids, and reproducible sensory resources - all in one place so you can find what you're looking for quickly and easily. With this comprehensive guide, you get three books in one, including:

**\*Sensory Processing Explained:** An explanation of each sensory system from a therapist's point of view and from the perspective of a parent and educator

**\*Sensory Activities:** Step-by-step instructions for activities you can use in everyday play with kids at home or at school to support the development of each sensory system

**\*Sensory Resources:** Resources related to sensory processing, including support groups for parents and caregivers of children who have sensory needs, cheat sheets with quick overviews of each sensory system, and more

This **full-color sensory guide** is different than anything you have read before. It contains:

\*Information concisely presented in one place to support sensory needs at home and in the classroom

\*Real life stories from the classroom, home, and therapy settings

\*Parent friendly language

\*Easy to navigate format so you can find the information you need at the right moment \*Extensive list of sensory behaviors with strategies, activities and resources to help you understand your child and address their sensory needs

\*Reproducible resources such as red flag checklists, sensory system overviews, quick materials shopping lists for sensory activities

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