

**The Out-of-Synch Child:  
Recognizing and Coping with Sensory Processing Disorder  
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Kranowitz, Carol Stock, M.A. (2005) *The Out-of-Synch Child: Recognizing and Coping with Sensory Processing Disorder*. Penguin Group. New York.

This book was recommended to me by my friend, who is a child therapist. She had some concerns about my girls. Uh oh. The *Out of Sync Child* did help explain some of their odd behavior, like the love of spinning on the tire swing well past when the other kids have gotten dizzy. Actually the second half has good practical suggestions on helping all children.

Think of sensory processing disorder as a spectrum disorder, some children will be mild and others quite severe. "Sensory processing disorder is an umbrella term to cover a variety of neurological disabilities." These children struggle to understand the sensory information that comes from our five senses plus our muscles, joints and sense of balance. These children have difficulty reading verbal and nonverbal cues. What is different about this disorder from ADD or autism is the child's unusual responses to touching and being touched or to moving and being moved. It is estimated that only 5 to 10% of children have a sensory processing disorder. It can be difficult to find a pediatrician that can diagnose sensory processing disorder. Occupational or physical therapists usually treat children with this disorder.

There is a companion book, called *The Out-of-Synch Child Has Fun* by the same author. This book is filled with games and activities to help children deal with picky eating, tactile sensation, body sensation, etc. Both books are worth checking out.