



# Useful Resources

## for the Child with Sensory Based Difficulties

### Literature

**The Out-of-Sync Child** (1998)

**Carol Stock Kranowitz**

ISBN 0-399-52386-3

This book is available to order from most booksellers and is also on [www.amazon.co.uk](http://www.amazon.co.uk)

The author has written this book for parents, teachers and health care professionals and provides a reader-friendly overview of sensory integration and includes checklists and questionnaires of symptoms and strategies to use.

**101 Activities for Kids in Tight spaces** (1995)

**Carol Stock Kranowitz**

ISBN 0-312-13420-7

This book is available from [www.amazon.co.uk](http://www.amazon.co.uk) at a cost of £13.99 and provides 101 different activities with a sensory basis to be used where there is minimal space available. It is a useful resource for both parents and schools.

**Multicoloured Mayhem** (2004)

**Jacqui Jackson**

ISBN 1-84310-171-9

Parenting the many shades of adolescents and children with Autism, Asperger Syndrome and AD/HD

**The Out-of-Sync Child Has Fun – Activities for kids with Sensory Integration Dysfunction** (2003)

**Carol Stock Kranowitz**

ISBN 0-399-52843-1

Available from [www.amazon.co.uk](http://www.amazon.co.uk)

This is a follow-on book to 'The-Out-Of-Sync Child' and provides a huge variety of activities that have been tried and tested to be used at home or at school.

**Answers to Questions Teachers Ask About Sensory Integration** (2001)

**Kranowitz & Szklut**

This book is a useful tool for schools and provides an overview of sensory integration, activities and checklists to be used with a child with sensory integration difficulties.

**Too Loud too Bright too Fast too Tight** (2002)

**Sharon Heller, Ph.D.**

There is hope for the sensory defensive.  
Sharon claimed this book will change your life.

**Building Bridges through Sensory Integration** (2006)

**Ellen Yack, Paula Aquilla, Shirley Sutton**

Therapy for children with autism and other pervasive developmental disorders.

**Sensory Circuits – A Sensory Motor Skills Programme for Children** (2008)

**Jane Horwood LDA**

**Helping Your Child with Extreme Picky Eating** (2015)

**Katja Rowell, MD and Jenny McGlothlin, MS, SLP**

Good resource for advice with eating difficulties.

**Understanding Your Child's Sensory Signals**

**Angoe Voss, OTR**

**Interoception: The Eighth Sensory System**

**Kelly Mahler**

### Useful Websites

[www.sensory-processing-disorder.com](http://www.sensory-processing-disorder.com) – user friendly website full of practical advice.

[www.autism.org.uk](http://www.autism.org.uk) – The National Autistic Society which has excellent information, advice and support. Autism awareness packs are available from the NAS for teachers.

[www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk) – This is the website of a small registered charity in London which provides resources on training, information sheets and frequently asked questions.

[www.tonyattwood.com.au](http://www.tonyattwood.com.au) – This website is from the author of 'Asperger's Syndrome – A Guide for Parents and Professionals' and has some useful links regarding general information and resources.

[www.autism.org.uk/advice-and-guidance/topics/education](http://www.autism.org.uk/advice-and-guidance/topics/education)

The National Autistic Society has a section on their website for information for teachers. Advice about break times, homework, extra help in school as well as online training. There is also information for Pre-schoolers too information about transitions onto Primary Education.

[www.exploreyoursenses.co.uk](http://www.exploreyoursenses.co.uk) A really great website that has lots of sensory resources, including weighted toys, fidget toys, Chewies and ideas for sensory kits.

[contact.org.uk](http://contact.org.uk) – This is the website of a UK-wide charity providing advice, information and support to parents of all children with additional needs and gives information on local resources.

[www.sensoryintegration.org.uk](http://www.sensoryintegration.org.uk)

[www.kidpower.org/what-we-do/locations/united-kingdom/](http://www.kidpower.org/what-we-do/locations/united-kingdom/) – safety awareness

[kooth.com](http://kooth.com) – Free, safe, anonymous online support for young people

[yourkidstable.com/](http://yourkidstable.com/) – Useful and very practical advice and support with eating difficulties.

## For the Children

[www.sensoryworld.org](http://www.sensoryworld.org)

## Useful Equipment

[www.cheapdisabilityaids.co.uk](http://www.cheapdisabilityaids.co.uk)

[www.sensorydirect.com](http://www.sensorydirect.com) – Weighted jackets, lap pads, weighted blankets etc.

[wheatybags.co.uk](http://wheatybags.co.uk) – Wheaty bags and toys

[sensoryowl.co.uk](http://sensoryowl.co.uk) – Bespoke weight therapy and sensory learning aids.

## Setting up a sensory room:

[www.sensationall.org.uk/  
how-to-create-a-sensory-space-on-a-budget](http://www.sensationall.org.uk/how-to-create-a-sensory-space-on-a-budget)

[www.totalsensory.co.uk](http://www.totalsensory.co.uk)

## Body sock

Once inside, the stretchy material gently resists your movements encouraging experimentation. The resistant walls of the body sock provide a tactile means of self-referencing that improves body awareness and assists in developing spatial awareness through balance and resistance. The sensory body sock is a useful part of any sensory diet to reinforce resistive awareness and encourage creative movement.

## Workstation

Privacy board (LDA)

## Seating options

### Move'n'sit cushion

The MOVIN'SIT Junior is a wedge-shaped cushion which may be inflated slightly. The spine should have a natural S-curve, which is often flattened out when seated on normal chairs, or with habitual poor posture. The Movin'Sit tips the pelvis slightly, helping the spine maintain its correct curve. They improve posture and allow a certain amount of wiggling around without having to get off the chair.

### Jellyfish balance ball chair

### Wobble chair

### Stability Exercise Ball Chair

## Fiddles

### Ideas:

Piece of blue tac

- A rubber wrist band
- A Shell
- Stick a piece of Velcro under his desk and he can rub it with his hand.
- Tangle fiddle toy
- Fiddle balls

## Chewy toys

[www.chewigem.co.uk](http://www.chewigem.co.uk) – chewelry and fidgets

Chewelry – amazon

## Self-care

**Toothpaste:** Oranurse – unflavoured toothpaste (Amazon)

### Clothes:

[www.sensorysmart.co.uk/](http://www.sensorysmart.co.uk/) – Comfy clothes and undies

[jettproof.co.uk/](http://jettproof.co.uk/) – Calming sensory clothing

**Adaptive Clothing For Kids • Adaptive School Uniform • George at ASDA**

**Adaptive Clothing for Kids • Assisted Dressing • M&S ([marksandspencer.com](http://marksandspencer.com))**

