



# The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync Child Series)

By Carol Kranowitz

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## The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync Child Series) By Carol Kranowitz

**The groundbreaking book that explains Sensory Processing Disorder (SPD)--and presents a drug-free approach that offers hope for parents--now revised and updated.**

Does your child exhibit...

*Over-responsivity--or under-responsivity--to touch or movement?* A child with SPD may be a "sensory avoider," withdrawing from touch, refusing to wear certain clothing, avoiding active games--or he may be a "sensory disregarding," needing a jump start to get moving.

*Over-responsivity--or under-responsivity--to sounds, sights taste, or smell?* She may cover her ears or eyes, be a picky eater, or seem oblivious to sensory cues.

*Cravings for sensation?* The "sensory craver" never gets enough of certain sensations, e.g., messy play, spicy food, noisy action, and perpetual movement.

*Poor sensory discrimination?* She may not sense the difference between objects or experiences--unaware of what she's holding unless she looks, and unable to sense when she's falling or how to catch herself.

*Unusually high or low activity level?* The child may be constantly on the go--wearing out everyone around him--or move slowly and tire easily, showing little interest in the world.

*Problems with posture or motor coordination?* He may slouch, move awkwardly, seem careless or accident-prone.

These are often the first clues to Sensory Processing Disorder--a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. *The Out-of-Sync Child* offers comprehensive, clear information for parents and professionals--and a drug-free

treatment approach for children.

This revised edition includes new sections on vision and hearing, picky eaters, and coexisting disorders such as autism and ADHD, among other topics.

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### **Editorial Review**

#### **Review**

Praise for the works of Carol Kranowitz

"The Out-of-Sync Child has become the parents' bible to [Sensory Processing Disorder]."

**--The New York Times**

"This book is great! It is a real contribution to the parents of the many children who are so hard to understand. It will let parents off the hook of blaming themselves... and will help them get on to the job of addressing the child's underlying difficulties."

**--T. Berry Brazelton, MD, founder, Brazelton Foundation, Children's Hospital, Boston**

"Warm and wise, this book will bring both hope and practical help to parents who wonder why their kid doesn't 'fit in.'"

**--Jane M. Healy, learning specialist and author of Your Child's Growing Mind**

"The Out-of-Sync Child does a masterful job of describing the different ways children react to sensations and integrate their responses to their world. The book provides detailed, practical information that will help parents understand how the nervous system works."

**--Stanley I. Greenspan, MD child psychiatrist and author (with Serena Wieder) of The Child with Special Needs**

"Comprehensive yet easy to understand... helpful tools for parents to promote healthy integration."

**--The Exceptional Parent**

#### **About the Author**

Carol Stock Kranowitz, M.A., is the author of several books in the "Sync" series. Among them are *The Out-of-Sync Child Grows Up*, *The Out-of-Sync-Child*, *The Out-of-Sync Child Has Fun*, and a children's book, *The Goodenoughs Get In Sync: 5 Family Members Overcome their Special Sensory Issues*. With Joye Newman, M.A., she is the co-author of *Growing an In-Sync Child* and *In-Sync Activity Cards*. She was a preschool teacher for 25 years and helped to develop an innovative program to screen young children for Sensory Processing Disorder. She speaks regularly about the subject in the United States and abroad. In her writings and presentations, she offers a fun and functional approach that integrates sensory-motor activities into everyday life at home and school. A graduate of Barnard College, she has an M.A. in Education and Human Development from The George Washington University. She is "Granny Kranny" to five sensational grandchildren, one of whom has written a book in his own right, *Absolutely No Dogs Allowed*, an alphabet book about a boy whose many pets have sensory issues at the park.

### **Users Review**

#### **From reader reviews:**

**Lucinda Brown:**

Here thing why this The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder

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**John Pace:**

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**Paul Horn:**

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**John Fouts:**

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