

The Out-of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years

By Carol Kranowitz

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The long-awaited follow-up to the million-copy bestseller *The Out-of-Sync Child*, presenting information and advice for tweens, teens, and young adults living with Sensory Processing Disorder, and their parents.

The Out-of-Sync Child Grows Up will be the new bible for the vast audience of parents whose children, already diagnosed with Sensory Processing Disorder, are entering the adolescent, tween, and teen years, as well as those who do not yet have a diagnosis and are struggling to meet the challenges of daily life. This book picks up where *The Out-of-Sync Child* left off, offering practical advice on living with SPD, covering everyday challenges as well as the social and emotional issues that many young people with SPD face.

Topics include strategies for coping with the sensory aspects of grooming, social lives and dating, playing sports and music, and other issues, as well as how to find support and help from loved ones, occupational therapy, and other resources. Carol Kranowitz's insights are supplemented by first-person accounts of adolescents and teens with SPD, sharing their experiences and hard-won lessons with readers and adding a powerful personal dimension to the book.

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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, **MA,** is the author of *The Out-of-Sync Child* and *The Out-of-Sync Child Has Fun*, and coauthor of *Growing an In-Sync Child*. A former preschool teacher who first noticed sensory challenges among her students, she is now world-renowned as a speaker and expert on the subject of Sensory Processing Disorder.

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