



# **Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders**

*Rondalyn Whitney PhD, Wendy Pickren MS*

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# Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders

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## **Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders** Rondalyn Whitney PhD, Wendy Pickren MS

Building strong skills for self-regulation and improving quality of life for families is the focus of this revolutionary book on sensory-sensitive learning for children who struggle with common activities of daily living.

Using a metaphor of building a house, Rondalyn Whitney and Wendy Pickren guide you through strategies to balance the scales of sensation with collaboration, critical reasoning and problem solving. Activities, recipes, case studies, unique worksheets and journal logs incorporate a WISER approach to resolving disruptions in functional development and creating optimal outcomes.

"This book is an excellent resource for parents of children with self-regulation issues and the professionals who take care of them. It presents dozens of practical strategies for helping children with many kinds of dysregulation, from autism to Sensory Processing Disorder to ADHD. Therapists will appreciate the well-presented basic theoretical framework, but it is the careful and clear explanation of direct interventions that parents can do at home that is invaluable."

**Sanford Newmark, MD**, UCSF Osher Center for Integrative Medicine, Author of *ADHD Without Drugs: A Guide to the Natural Care of Children with ADHD*

"With so many great ideas and on-the-spot solutions, this book is bound to become a marked-up, dog-eared reference for both established professionals and young therapists and teachers. Here in one book are techniques for helping a child calm, attend, and stay on task along with essential theoretical background to gain new insight and expand professional skills for working with children with autism, ADHD and sensory disorders."

**Dr. Laurie Lundbald**, Clinical Psychologist Building Bridges Therapy Center

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#### **Rosa Tarpley:**

The book *Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders* can give more knowledge and information about everything you want. So just why must we leave a good thing like a book *Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders*? A number of you have a different opinion about e-book. But one aim this book can give many information for us. It is absolutely appropriate. Right now, try to closer with the book. Knowledge or details that you take for that, it is possible to give for each other; you may share all of these. Book *Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders* has simple shape but the truth is know: it has great and massive function for you. You can seem the enormous world by start and read a guide. So it is very wonderful.

#### **Joseph Bolden:**

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#### **Chris Boos:**

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled *Self-Regulation: A Family Systems Approach for Children with Autism, Learning Disabilities, ADHD & Sensory Disorders* can be very good book to read. May be it is usually best activity to you.

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