SPDSupport.org
Newsletter

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News

Welcome to the SPD Support Newsletter!

By Dan Travis

Hello everyone, and welcome to the first edition of the SPD Support Newsletter. For over two years now, our forum and chat room have been a beacon of support and hope for parents of SPD kids, adults with SPD, Occupational Therapists, and others whose lives are impacted by Sensory Processing Disorder. That's just the new site though; our Yahoo groups have been running for nearly a decade!

Now, for the first time in our history, we are proud to present our very own newsletter. Here you can find the latest happenings in the SPD Support and SPD International community. You'll get featured articles, Q and A's, editorials, reviews, a calendar of events, interviews, updates on the site and our community, as well as on the SPD world at large.

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Featured Article

The Origins of SPD

By Michelle Morris

During Jean Ayres' 35 year career, she discovered a new 'theory' to explain a variety of neurological disorders in children. She was an occupational therapist, who became a brain researcher. From my understanding at the time of her discovery (70's) the highest standing scientists in those years were resistant to her findings, which did not follow the accepted beliefs of the time. [Sensory Integration, Theory and Practice, 1991]

She was not a world-renowned scientist, thus lower on the scientific totem pole, so to speak. She did not belong to certain professional 'societies', and was viewed as an outsider in this field. Although her research and theory had educational implications, she was not in the educational field. As her work gained acceptance in her profession, resistance to it stiffened in the educational and medical communities. During her lifetime (1920-1988) she was distressed by this injustice, yet never stopped pursuing her research. It is the continuing research, and the passage of time, that is proving to these professional societies the validity of her theory.

The testing and research continues, and many of today's scholars are her former students. The stunning case documentation of so many children

"During her lifetime (1920-1988) she was distressed by this injustice, yet never stopped pursuing her research."

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Editorials

“The Out-of-Sync Child” by Carol Kranowitz

By Daniel Travis

(Carol Stock Kranowitz, M.A., is an author, teacher, and Editor of S.I. Focus Magazine and the The Out-of-Sync Child website)

> *“After reading this new Revised Edition, I was reminded of just why I fell in love with this book in the first place.”*

When Kranowitz released the original version of "The Out-of-Sync Child" in 1998, there were very few resources available for parents of children with Sensory Integration Dysfunction, or SID (now called Sensory Processing Disorder, or SPD). Carol's amazing book became an instant must-have for parents, educators, therapists, adult sufferers, and anyone wanting to learn more about SID throughout the world.

In 2005, Carol Kranowitz re-released her book, in a stunning new "Revised and Updated Edition." The newly revised edition updated much of the text found in the book, including changing the disorder from Sensory Integration Dysfunction to Sensory Processing Disorder. She added new research and new discoveries that had been made in the 7 years since her first publication was released.

The verdict? After reading this new Revised Edition, I was reminded of

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It’s not just us putting together the content though. This newsletter is open to contributions from anyone who subscribes to it!

If you would like to contribute to this newsletter, it’s quite easy to do so. Just email your content to us at newsletter@spdsupport.org or send it to Dan or Heather as a private message on the forum.

Of course, even if you don’t have content to contribute, you can still be a part of the process. We will be looking for people to interview or write small featured articles about as well. If you would like to participate, please send us an email or a private message as explained above.

Q&A

Your Questions Answered

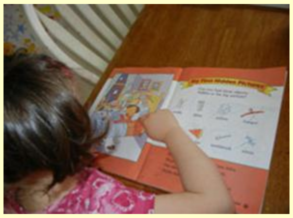
By Heather Veazie

"I cannot afford to pay for OT out of pocket. Is there anything I can do at home to help with my SPD quirks?"

Good question! Yes, there are numerous activities that can be done at home. When you cannot afford OT, it is best to research a sensory diet that will work for you. Often times, occupational therapist use arts and crafts as a form of therapy to strengthen fine motor skills. Finger paints and molding clay are great items to use for fine motor skills.

Also deep pressure is another great thing for self-therapy for those who have issues with tactile and proprioceptive senses. Simple heavy work activities like moving boxes and vacuuming are great ways to administer pressure on your joints. Weighted blankets are great for deep pressure. They can be bought online or made.

Most importantly, it is important to learn to self-regulate. Find what calms you, whether it is walking, writing, listening to music, etc. When you feel an overload start, find a spot where you can retreat to so you can calm your senses down.
For some activities that can be done by either children or adults, check out the articles Keeping It Simple and Creating a Home Sensory Diet.



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continues to rise as this condition known as Sensory Processing Disorder is rapidly gaining more widespread acceptance.
And so we enter the here and now...
Across the globe the acceptance and practice is spreading. Is it recognized by all states yet? No. Will it be? Yes! Many areas of our country have already seen and understood the benefits of this therapy, some are still behind. Other countries are ahead of the USA in acceptance and treatment. Is it possible that the medical community misdiagnoses children, because of ignorance or resistance? A sad resounding Yes! Is it true that far too many children go without treatment because insurance companies will not pay for it? Yes, unfortunately.
Some children are medicated when they do not need it, some children misdiagnosed, and some children lost altogether through the cracks of resistance. How many dropped out of school? How many abused, because they are hard to handle? How many more young lives thrown away before the world accepts this, and embraces the hope?
As each and every one of us finds therapy for our kids, and happily reports their progress, and changed lives, it grows. Every parent, every advocate, every study done, every magazine and article issued and research published...each and every time one of us 'enlightens' an educator, a doctor, or another parent we make a chink in the wall.
And that wall is surely, slowly coming down as it should have almost 30 years ago. With this generation, and our ability to speak up loud and clear we will not allow another generation of 'lost' children. Our very questions open doors, even though we may not know it.

> *"With this generation, and our ability to speak up loud and clear we will not allow another generation of 'lost' children."*

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just why I fell in love with this book in the first place. The new edition combines all the well-loved elements of the original book with newer research and labeling. Examples have been expanded, as have the sections on auditory and visual processing. To this day, this remains the first book I recommend to parents who are just starting out on their journey, and even to adults who have SPD and are looking to learn more about it.

So, if you are interested in reading perhaps the best book available about Sensory Processing Disorder, then Carol Kranowitz's "The Out-of-Sync Child" is just the book you are looking for

Information

We Need You! Become a Support Host

By SPDSupport.org Administration Team

So, what is a Host? Hosts are knowledgeable, loving, and supportive ordinary 'every-day' people who dedicate their time voluntarily to help others in their community whose lives are affected by Sensory Processing Disorder. We are not 'miracle' men or women. Most of us are not doctors or even occupational therapists, but we have all been affected by Sensory Processing Disorder in some way. We all know what it is like to be where you are right now, and we all are wanting to help you out, as best we can.

We seek to actively help and support others. We serve our community in a variety of ways. Some of us choose to host monthly meetings in our local areas, sometimes even with guest speakers and demonstrations. Others don't have the time or the resources, or are for whatever reason not willing or able to host meetings, and we are okay with that. Many of them are active, instead, in the online communities, especially those found within our support groups page. Still others of us are busy assisting the SPD community in other ways. They are handing out flyers and working in therapy clinics. They are promoting occupational therapy for SPD, and are helping to spread the word about its benefits for those who suffer from this hidden handicap.

This Sounds Cool! Can I Become A Host?

In a word? **Yes!** We are always looking for new applicants, new members of our community who are as passionate toward helping others in the SPD world as we are. Applying is easy, just fill out an online Host Application here in the "Hosting" section, and in a short time, you too can become a Host with SPD Support.

If applying is 'easy', then serving may be even easier for you! To be honest, our Hosts help others through whatever modes *they* are most comfortable with. We don't have a long list of rules to follow or oaths to take; we just want people onboard who are willing to help out in any way they can.

Ummm... I'm REALLY Busy Now! I don't know...

First of all, relax. Take a deep breath, and give yourself a break from your hectic schedule. If you are raising a child with SPD, or if you have SPD yourself, you need it!

Secondly, it's okay! Our Hosts are not always incredibly active. Above all, this is a *volunteer* position. There's no one yelling at you to 'pick up the slack', and if someone does, let us Staff members know, and we'll take care of it. We prefer the zero pressure approach. Life is so intense, there's no need for us to be intense too. Our Hosts serve when and where they are both willing and able to do so, and that is all we ask.

We may check in from time to time, to see how things are going. But, that's just us, being friendly. This group is meant to relieve stress, not cause it!

Calendar

What's Happening in the Community

Here are some upcoming events in the SPDSupport.org community. If you have an event you would like to share for the newsletter, please contact Dan or Heather via private message on the forums or newsletter@spdsupport.org

October 9th
Proclamation of SPD Awareness month – 8:30AM at El Paso, TX City Hall.
Contact Renate Garcia at (915)256-7783 or Email renatetx@att.net for more information

October 14th
Sensory Awareness Event – 6:00 to 9:00 PM in Meridian, Idaho at Just Kid'n Around
Contact Krissy Fulton at krissy@signingtimeacademy.com for more information

October 17th
SPD Support group/Lego Club monthly meeting – 6:30PM At ECI (early Childhood Intervention (1477 Lomaland El Paso, TX)
Contact Renate Garcia at (915)256-7783 or Email renatetx@att.net for more information

October 24TH
SPD Support Group – 6:00 to 7:00 in Vero Beach, Florida
Contact Heather Veazie at Heatherv.VBSPDhost@yahoo.com for more information

October 27th
"Fine Arts are Sensational, One Step at a Time" program/ provider expo in El Paso, Texas
Expo 2:30-5:30PM and Program starts at 3:00PM
Contact Renate Garcia at (915)256-7783 or Email renatetx@att.net for more information

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