

Tips from Lindsey Biel, M.A., OTR/L and Nancy Peske, the Authors of

## RAISING A SENSORY SMART CHILD

# What to Do When a Kid Has the Fidgets!

Let's face it, kids are fidgeters. They have so much excess energy that they need to burn off that it's hard for them to sit still and stay focused when their bodies say MOVE! This is especially an issue in schools, and kids with a high need for movement due to sensory processing issues or ADHD have an exceptionally hard time keeping their hands and feet to themselves and themselves in their chairs. Should you fight city hall or is there a way to go with the flow and actually use their need for movement to help them focus!

Yes, fidgeting CAN be a good thing, according to Lindsey Biel, OTR/L, a pediatric occupational therapist from New York

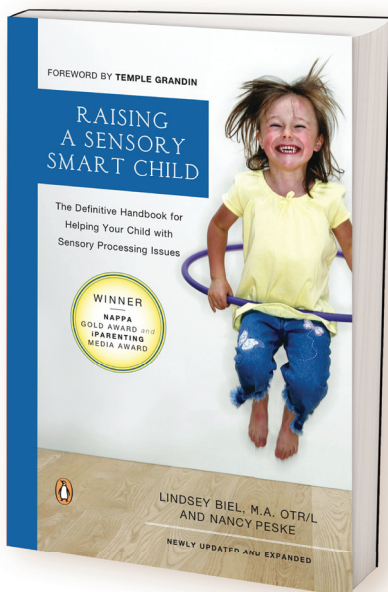
City who works with school-age kids with sensory issues and kids with autism, whose homework struggles are even more intense, and Nancy Peske, parent of a child with sensory processing issues who, she says, never stops moving!

Explains Lindsey Biel, "When a child has a high need for movement, his ability to focus on the task at hand, whether it's writing out his spelling words or listening to what the teacher has to say, is limited. But if you can direct that movement in a positive, socially acceptable way, he can take his mind off his need to squirm!"

### LINDSEY AND NANCY CAN EXPLAIN:

1. What a "fidget" is, why fidgety kids need them, and why, really, if you give a kid a Koosh ball he won't necessarily throw it at another kid's head?
2. Seating options for squirmy students
3. Why stretching as a transition is calming and focusing for most kids
4. In-a-pinch ways to keep alert through movement, from chair pushups and wall pushups to pressing against a stretchy band wrapped around chair legs
5. Quick callisthenic-type exercises that can not only reduce the squirming but actually help children's brains function more properly in a matter of a minute or two
6. Why stimulating the "proprioceptive sense," making a child more aware of where his body is in space, can make a kid more calm, alert and focused!

*Help that antsy child move, stretch, and get down to business—it's easy with these simple tips!*



**RAISING A SENSORY SMART CHILD:**  
*The Definitive Handbook for Helping Your Child with Sensory Processing Issues*  
Penguin; on-sale August 25, 2009  
ISBN: 978-0-14-311534-2 \$16.00

Lindsey and Nancy have even more great tips to offer, drawn from their award-winning book **RAISING A SENSORY SMART CHILD: The Definitive Handbook for Helping Your Child with Sensory Processing Issues**, now expanded and rereleased by Penguin Books and featuring a chapter on autism and even more practical solutions for everyday problems!

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