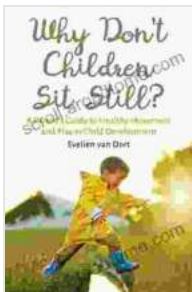


Unlocking the Secrets of Childhood Behavior: Why Don't Children Sit Still?

As parents and educators, we often find ourselves perplexed by the energetic and seemingly endless movement of children. From fidgeting in chairs to running around the house, it can be a challenge to understand why children struggle to sit still. In her groundbreaking book, "Why Don't Children Sit Still?," Dr. Mona Delahooke sheds light on the underlying causes of this behavior and provides practical strategies to support children's development.



Why Don't Children Sit Still?: A Parent's Guide to Healthy Movement and Play in Child Development

by Carolyn Dinshaw

★★★★☆ 4.5 out of 5

Language : English
File size : 794 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 120 pages



Beyond ADHD: Understanding Underlying Causes

Dr. Delahooke challenges the traditional view that children's inability to sit still is solely due to ADHD. While ADHD is a real and important diagnosis, she argues that many children who exhibit similar behaviors do not meet the criteria for this diagnosis. According to Dr. Delahooke, these

children may be struggling with underlying sensory, emotional, or developmental issues.

Sensory Processing Disorder (SPD), for example, affects the way a child's brain processes sensory input. Children with SPD may be overly sensitive or under-responsive to stimuli, leading to difficulty regulating their movements and attention.

Emotional regulation challenges can also contribute to children's inability to sit still. Children who struggle to manage their emotions may use movement as a coping mechanism to relieve stress or boredom.

Developmental delays or differences can also impact a child's ability to sit still. Children who have delays in their motor skills, for instance, may not have the physical strength or coordination to maintain a seated position.

Practical Strategies for Support

Recognizing the underlying causes of children's difficulty sitting still is essential for providing effective support. Dr. Delahooke offers a wealth of practical strategies that can be used by parents, educators, and therapists:

- **Sensory Integration Activities:** Provide children with activities that help them regulate their sensory systems, such as weighted blankets, fidget toys, or sensory bins.
- **Emotion Regulation Skills:** Teach children techniques to manage their emotions, such as deep breathing, mindfulness, or social stories.
- **Motor Development Activities:** Engage children in activities that strengthen their motor skills, such as climbing, jumping, or playing with

toys that require coordination.

- **Structured Environments:** Create predictable and structured environments that provide clear expectations and reduce sensory distractions.
- **Movement Breaks:** Allow children to take regular breaks to move around and release pent-up energy.

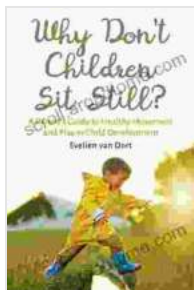
Empowering Parents and Educators

Dr. Delahooke's book is not only a valuable resource for understanding children's behavior, but it is also an empowering tool for parents and educators. By providing a deeper understanding of the underlying causes of children's difficulty sitting still, Dr. Delahooke equips parents with the knowledge and strategies they need to support their children's development.

Educators can also benefit from the insights presented in "Why Don't Children Sit Still?" By recognizing the different factors that contribute to this behavior, educators can create more supportive and responsive learning environments that foster children's growth and learning.

Dr. Mona Delahooke's "Why Don't Children Sit Still?" is an indispensable guide for anyone seeking to understand and support the developmental needs of children. By challenging traditional assumptions and providing evidence-based strategies, Dr. Delahooke empowers parents and educators to create environments where children can thrive. Join the thousands of readers who have transformed their understanding of childhood behavior with this groundbreaking book.

Free Download your copy of "Why Don't Children Sit Still?" today and unlock the secrets to supporting children's development.



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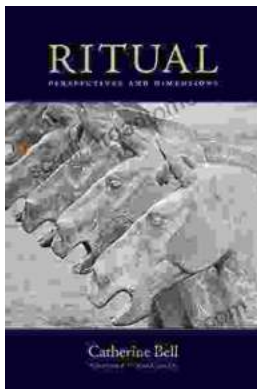
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