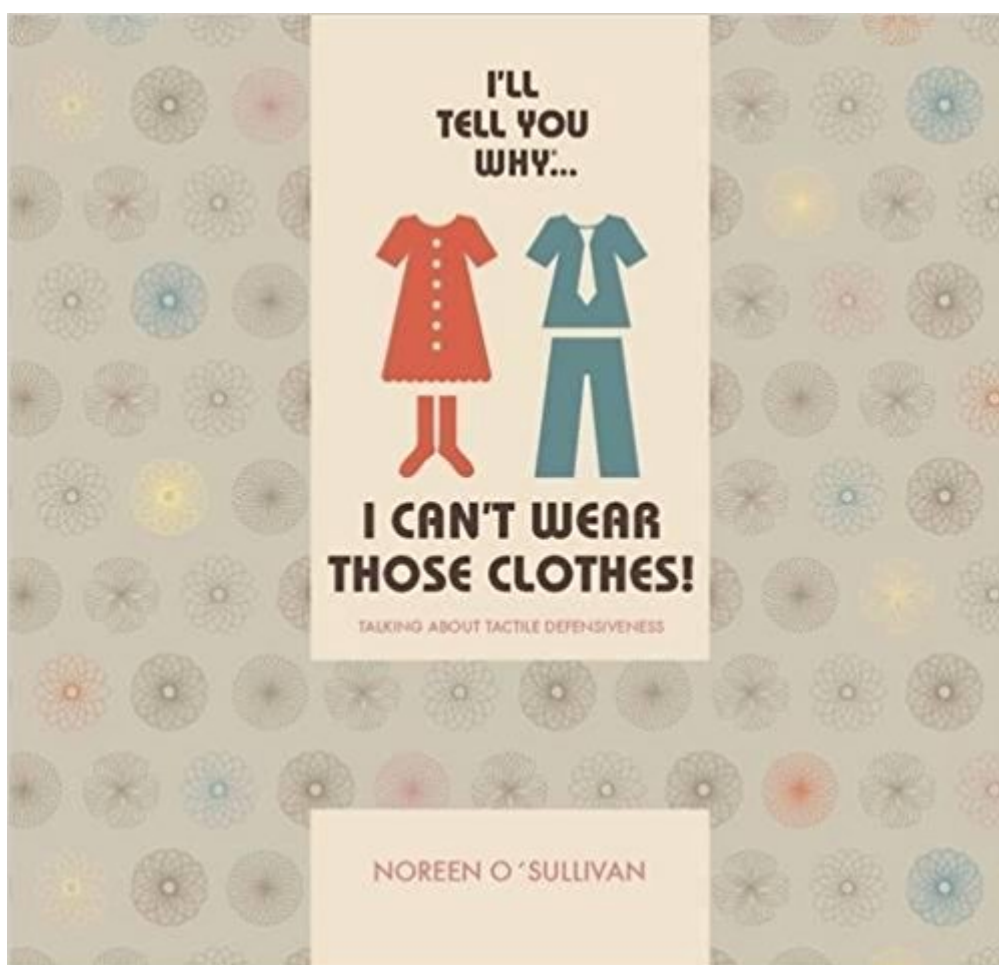


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# I'll Tell You Why I Can't Wear Those Clothes!: Talking About Tactile Defensiveness



## Synopsis

Do you know a child who hates the feel of certain items of clothing? This is a child's perspective on a largely unrecognized condition called tactile defensiveness, a physical condition that causes hypersensitivity to certain touch sensations. Intended for adults and children to read together, the illustrated book explains reasons a child may become emotionally overwhelmed by daily routines such as putting on clothing, socks and shoes. The workbook format allows children to express and explore their own feelings through drawings or words, in order to explain their misunderstood behavior. A perfect book for children, families, teachers, therapists and other professionals dealing with tactile defensiveness suitable to be read with children aged 4 and above.

## Book Information

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Product Dimensions: 8.5 x 0.4 x 6.4 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #879,162 in Books (See Top 100 in Books) #67 in [Books > Children's](#)

[Books > Growing Up & Facts of Life > Health > Physical Disabilities](#) #1817 in [Books >](#)

[Parenting & Relationships > Special Needs](#) #90858 in [Books > Reference](#)

Age Range: 4 - 11 years

Grade Level: Preschool - 6

## Customer Reviews

It's perfect. From start to finish. I am so proud to be a small part of it. I really am. --Jessica Ralli, special educator and owner of Soft Clothing  
A fantastic interactive book that can educate children, parents and professionals alike, about the challenges Sensory Processing Disorder (SPD) can present, and how the child and the adults around it, can handle these challenges. The book leaves no doubt that awareness, understanding and individual considerations are key in enabling a child to cope with SPD. --Camilla Egelund, child and family psychologist  
Children with Tactile Defensiveness often have difficulty describing the physical reasons behind their sensory feelings about bath water, clothes, shoes etc. This book allows the child to express their emotions in their own way either by

drawing, writing or talking. The language is gentle and kind therefore guides parents, teachers, and friends to take a caring approach when addressing the special needs of the child that occur on a daily basis. --Claus Hancke, MD FACAM, specialist in general medicine

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A great tool for understanding what life can be like when a child has some degree of tactile defensiveness. The 'drawing journal' format will greatly improve the necessary communication between child and adult, and assist in coming to terms with the challenges they face each day. It expresses the emotions of many children I work with and offers helpful coping tips. This short and sweet campaign for awareness and acceptance will hopefully lead to the necessary occupational therapy treatment needed by so many children. (Lina Bluteau, occupational therapist)It's perfect. From start to finish. I am so proud to be a small part of it. I really am. (Jessica Ralli, special educator and owner of Soft Clothing)A fantastic interactive book that can educate children, parents and professionals alike, about the challenges Sensory Processing Disorder (SPD) can present, and how the child and the adults around it, can handle these challenges. The book leaves no doubt that awareness, understanding and individual considerations are key in enabling a child to cope with SPD. (Camilla Egelund, child and family psychologist)Children with Tactile Defensiveness often have difficulty describing the physical reasons behind their sensory feelings about bath water, clothes, shoes etc. This book allows the child to express their emotions in their own way either by drawing, writing or talking. The language is gentle and kind therefore guides parents, teachers, and friends to take a caring approach when addressing the special needs of the child that occur on a daily basis. (Claus Hancke, MD FACAM, specialist in general medicine)'I'll Tell You Why....I Can't Wear Those Clothes!' provides an unusual interactive book format directed to parents, kids and professionals alike and uses the 'drawing journal' format to discuss 'tactile defensiveness,' or hypersensitivity to certain kinds of touch (and, by definition, certain kinds of clothing). It's a photographic workbook written from a child's perspective that explores why dressing often becomes a challenging daily routine, and it provides plenty of insights into simple methods to overcome clothing resistance. Parenting, health, psychology and education collections alike will find this a highly accessible, unique coverage. (The Midwest Book Review)This beautifully produced book

about a little understood condition known as tactile defensiveness... Designed for being used with and adult parent or carer, the book will provide lots of points for discussion and for understanding just how the child feels... The story is charming and gentle... There is a considerable list of useful websites at the end of the book which should help in practical ways. An interesting book which will provide empathy and understanding. (Healthy Books blog) Children, both neurotypical and those with a diagnosis of whatever kind, can all experience the feeling of clothing that distracts them and makes them feel uncomfortable at some point in their childhoods. This book gives them a way to realise that it is okay to feel these emotions and ways to try and express what they do like. When dealt with sympathetically, children will often find their own solutions to sensory issues and feel comforted simply by being understood. It is a very simple book with an effective message that would be a good place to start if your child is having difficulties of this kind. (Special Needs Jungles blog)

This book helped my child so much. I even reached out to the author who provided me with even more insight to my child's problem with sock, shoes, tags and seams in her pants. This book gives the child a chance to express themselves without having to explain it to a therapist. It is a valuable tool and helped my daughter not to feel alone in her struggles. I highly recommend this book for anyone who has a child who is tactile defensive. Love! Love! the book!

Good practical book for kids with tactile defensiveness. It helps with self understanding and acceptance. Might be good to share with others, so they understand better too.

I got the book in the mail yesterday. It's amazing!!!! Truly amazing! I started to cry while reading it to my daughter because EVERYTHING related to her. I am doing a presentation to my daughters class on SPD. They are studying the body and parents were invited... to come it to do a presentation on the different body systems, so I chose the nervous system. I figure it's a great way to introduce it to the class and help them understand why my daughter wears the same clothes almost every day. She's in Kindergarten and my hope is that if they "get" her now, they'll be less likely to pick or make fun of her as they go through the grades together. Thanks you!! This book explains so clearly and simply what is going on with my daughter, and that it also gives my daughter the opportunity to express her feelings about it wonderful. In short....FANTASTIC!

Great book for having a better understanding of how your child feels. Mine loved it! It's a wonderful tool.

The book helped my daughter feel validated, and that she is not the only one who has these sensitivities. As an OT, I will also recommend to my clients.

My daughter was thrilled to receive this book, she went straight to her room to read it! It was so wonderful for her to know that she is not alone and that others understand what she goes through everyday. The journal portions of the book are an excellent addition!

Not really that helpful.

My daughter, now age 7-1/2 and beginning to become less sensitive to things like the seams on her tights and the tightness of her sneaker laces, nevertheless is a huge fan of this book. Its interactive pages prompt for information such as "Things I don't like to touch" and "What annoys you;" in my daughter's enthusiasm to complete them (about 15 minutes from start to finish, including drawings!), it was clear she felt empowered, free to give voice to her irritations and concerns. I only wish this book had been available 3 years earlier, when every before-school morning erupted in clothing- and shoe-related tantrums. What a powerful tool, not only for children who are suffering from this misunderstood phenomenon, but for their baffled parents, who find themselves struggling to help but without really knowing how to go about it.

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