

Award-winning picture book about sensory differences releases companion Calming My Jitters Sensory Activity Book

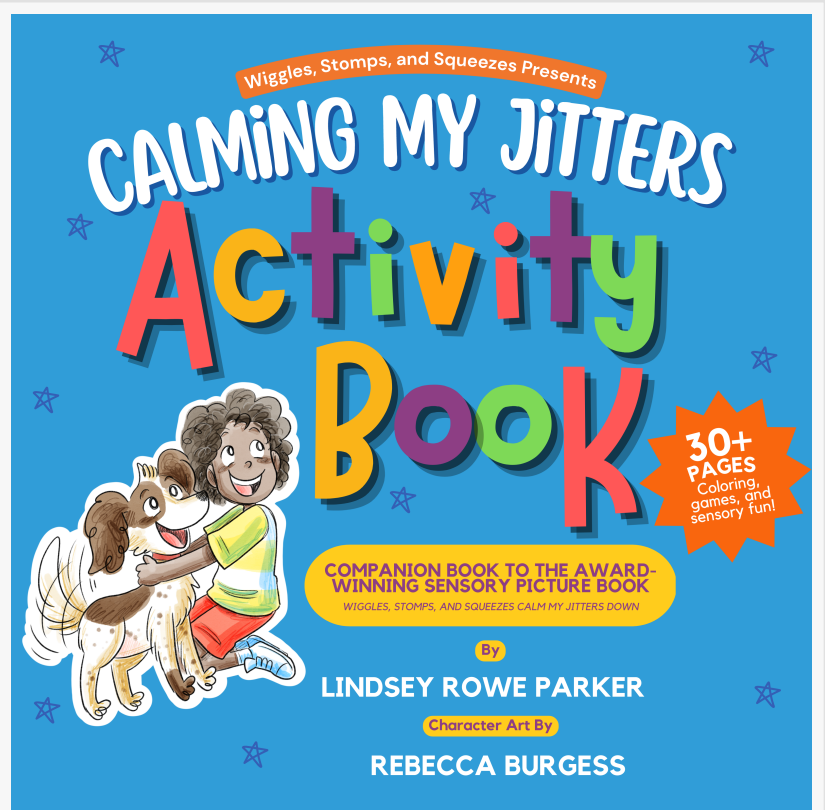
Calming My Jitters Sensory Activity Book is the companion book to Wiggles, Stomps, and Squeezes Calm My Jitters Down, a picture book about sensory differences.

BAKERSFIELD, CA, UNITED STATES, January 24, 2023 /EINPresswire.com/ -- 1 in 6 children* struggles daily with sensory processing challenges. Not all children learn, see and experience the world in the same way - yet each of them deserves to be celebrated. ([Statistic from STAR Institute Sensory Health](#))

[Calming My Jitters Sensory Activity Book](#) is the companion book to [Wiggles, Stomps, and Squeezes Calm My Jitters Down](#), an award-winning picture book about sensory differences.

This fun sensory activity guide is jam-packed with activities that involve your 8 senses (yes, 8!). Readers can play Sensory Simon says, decode word scrambles, navigate an obstacle course, reflect on creative prompts, play games, make icky sticky slime, and more.

"It is important to me that these books and activities are accessible to as many people as possible, and that starts with our educators," says author Lindsey Rowe Parker. "We approved this activity book for reproduction in educational settings, so copy away! With additional videos, resources, and book lists, we're just a wiggle, stomp, and squeeze away from learning to calm our jitters down — and a more inclusive experience for your neurodiverse students."



Calming My Jitters Sensory Activity Book is the companion book to Wiggles, Stomps, and Squeezes Calm My Jitters Down, an award-winning picture book about sensory differences!

- >>> Neurodiversity Affirming Story
- >>> Read Aloud Videos in English, Spanish and ASL
- >>> Bulk Discounts for Schools and Organizations
- >>> Companion Reading & Activity Guide

“My favorite theme of this book is that the child is accepted and understood,” says Lindsey. “She is not asked to change, she is supported, she is allowed to be herself, she is loved.”

"Activities that explore sensory differences help kids to find the language they need to express how they're feeling and better understand themselves. Adding stories and activities about sensory differences to your inclusive library, school, or bookshelf at home empowers kids to feel seen, known, and loved — just as they are."

“BQB Publishing’s mission is to bring new authors with cutting-edge books into the marketplace,” says Terri Leidich, President/Publisher of BQB and WriteLife Publishing. “Wiggles, Stomps, and Squeezes is a stunning example of a fresh new voice telling a story from a perspective that young readers and adults alike can relate to or learn from.”

Calming My Jitters Sensory Activity Book is available now for preorder and will hit shelves Summer 2023. You can also order through your local bookstore or library.

“

Activities that explore sensory differences help kids to find the language they need to express how they're feeling. And that empowers kids to feel seen, known, and loved — just as they are.”

Lindsey Rowe Parker, author

About the Author: Lindsey Rowe Parker

Lindsey Rowe Parker is a neurodivergent author and mom of multiple sensory kids. With an adult diagnosis of ADHD and a new deeper understanding of her own sensory experiences, she has begun to delve into the neurodiversity community learning all she can from neurodivergent voices.

Lindsey is the author of the award-winning book about

sensory differences, Wiggles, Stomps and Squeezes Calm My Jitters Down and she hopes it connects with everyone who has felt the need for a wiggle, stomp, or squeeze!

About the Illustrator: Rebecca “Bex” Burgess



Neurodivergent Author Lindsey Rowe Parker and her kids

Rebecca is an autistic illustrator living in the UK. They love history and nature, but comics and illustration most of all! Their passion has led them to work with the likes of The Guardian and Jessica Kingsley Publishing. Rebecca is most famous for their online comic 'Understanding The Spectrum', a comic explaining autism that has been shared in several books and used by parents, teachers, and doctors.

The book is published by BQB Publishing and distributed by IPG.

Lindsey Parker

Wiggles, Stomps and Squeezes LLC

+1 805-815-7693

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

[TikTok](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/613102160>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.