



What the Experts Are Saying About The Parent-Child Dance:

Praise for *The Parent-Child Dance*

"This book is like having an occupational therapist living in your attic! Through science, step-by-step instructions, and helpful illustrations, Manela and Zwolinski beautifully reveal the secrets of therapeutic, purposeful connection for the benefit of parents and children alike. Let's dance, let's dance indeed!"

—Anthony T. DeBenedet, M.D., Coauthor of the Parenting Bestseller, *The Art of Roughhousing*

"Miriam Manela has the key to help you unlock the mystery of your child's challenging behavior. Whether that child is a heat seeking missile, a squeaky wheel or a child on the edge, in "The Parent-Child Dance," she shares simple techniques you can do at home to help give your child the skills he needs to adapt to a world he experiences differently than his peers. A compassionate, insightful, user-friendly book."

**—Pat Carroll, Morning Anchor, WCBS Newsradio Host, Host of "Raising our Kids",
WCBS Radio**

“The Parent-Child Dance offers many creative activities parents can do with their children at home to help them with some common behavioral issues. An additional benefit of these activities is the strengthening of the parent-child relationship.”

**—Howard Glasser, Executive Director of Children’s Success Foundation & Creator of
the Nurtured Heart Approach®**

“The Parent-Child Dance is a wonderful resource book for parents and professionals to help children with the range of sensory processing disorders. This book is full of practical advice to help the child achieve better self-regulation, body organization, and sensory processing.

“The suggested activities and case examples specifically target children who experience irritability, anxiety, and are easily stressed, children with high activity level, as well as those with either sensory hypersensitivities or who seek and need sensory stimulation. This must-have book is full of activities that can be easily integrated into play and everyday routines.”

**—Dr. Georgia DeGangi Clinical Psychologist, Occupational Therapist, expert in
pediatric regulatory disorders, Author of *Effective Parenting for the Hard-to-Manage
Child: A Skills-Based Book*, and other books.**

“The Parent-Child Dance, by Miriam Manela, is a lovingly light book heavy with meaning and value. Ms. Manela suggests that "rather than seeing your child's behavior as antagonistic, think of it as a mystery to be solved." Her perspective focuses on sensory processing and integration, a core area of our life and functioning that is often overlooked by parents and professionals.

She provides us with ways of understanding children who are characterized by intensity or energy, as well as those who seem overwhelmed or who might be described as a 'squeaky wheel'. And she offers many sensory and interactive interventions to guide our children toward a centered, regulated, life where stress is met and managed with our guidance and support.

Here is a book for families with children who have sensory and behavioral challenges as well as for any family with children whose parents want them to thrive.”

**—Dr. Dan Hughes, Clinical Psychologist, developer of attachment-focused treatment
that relied heavily on the theories and research of attachment and inter-subjectivity
to guide his model of treatment and parenting.**

“In Miriam Manela’s new book, *The Parent-Child Dance*, she tells us that a child’s behavior gives us clues into how he lives life, how he operates, and how he adapts to the world. The author opens a door for parents and explains what’s really going on with your child, beneath the surface.

“She shows how various systems, especially the sensory system, work together to help your child function, and when they aren’t working optimally, gives the reader numerous clinical techniques in the guise of play that can help your child’s systems regain function.”

**—Daniel S. Samadi, M.D. Otolaryngologist with extensive expertise in treating ear,
nose, throat disorders in children of all ages.**

“Miriam Manela is a shining example of the type of compassionate and caring health professional that I recommend to parents. Her new book, *The Parent-Child Dance* could only have been written by someone with Miriam’s expertise, dedication, and insight. In it, Miriam helps you get in touch with your child’s inner world, and gives you the tools you need to strengthen your parent-child relationship without blaming or shaming.”

—**Richard M. Zwolinski, Anxiety and Addiction Expert, Author of *Therapy Revolution: Find Help, Get Better, and Move On (Without Wasting Time or Money)***

“This elegant, easy to understand and practical book is a must-read for all parents, teachers and therapists who are seeking to elevate their consciousness as they develop relationships with children.”

—**Kim Barthel, Occupational Therapist, Teacher, Author, NDTA OT Instructor and specialist in the fields of attachment and interpersonal neurobiology.**

“Miriam Manela, an accomplished and award-winning occupational therapist has written a very valuable and readable, science-based and creative guide for parents coping with a child's behavioral and sensory-integration challenges.

“The Parent-Child Dance gives a variety of ways to unlock a child's potential and shows parents how their child can better respond to sensory input, increasing or attenuating as needed, leading to optimal functioning. It is this flexibility which helps parents custom-tailor the approach that works for their child.

“One of the book’s best features is a series of fun exercises, wonderfully illustrated by Dena Ackerman. It's a book to be read, reread and put into practice.”

—**Rachel C. Sarna, PhD, MSW, Child, Adolescent, Adult and Family Clinical Psychotherapy Teaneck, New Jersey**

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“What’s really going on when your child is shut-down, angry, overly sensitive, or unable to sit still? In the *Parent-Child Dance*, occupational therapist Miriam Manela gives you the keys you need to understand your child’s behavior—and gives you the tools you need to help him thrive. The simple and fun activities in this book will help a child who is “dysregulated” and has sensory-system challenges, but almost any child will benefit from the wisdom between these pages. Best of all, you can use this guide in conjunction with other therapies and treatments.

“Miriam’s the kind of caring professional who’s committed to helping parents and children in her well-known private practice; now, she’s written a book so parents and children can benefit from her expertise in their own home.

“Miriam and I have worked together with many clients—and I recommend her for her professionalism, compassion, and expertise. Miriam gets results in challenging behavioral cases.”

—**Rabbi Sam Frankel, LCSW**

“Miriam’s dedication to her clients shines through in this book. So does her ability to embrace flexibility and avoid rigid prescriptions.”

—**Kelly Dorfman, Pediatric Nutritionist, Author, *Cure Your Child with Food: The Hidden Connection between Nutrition and Childhood Ailments***

“This insightful book helps parents decode common problem behaviors in kids, identifying the stresses that trigger things like anger, defiance, and meltdowns. Miriam Manela and C.R. Zwolinski explain in clear and compassionate language how sensory processing problems can overwhelm kids with anxiety and frustration. And they have translated the interventions Manela uses as an occupational therapist into simple activities parents can try at home to help kids calm down and get more comfortable in their bodies.”

—**Harold S. Koplewicz, MD, Child and Adolescent Psychiatrist and President of the Child Mind Institute**

