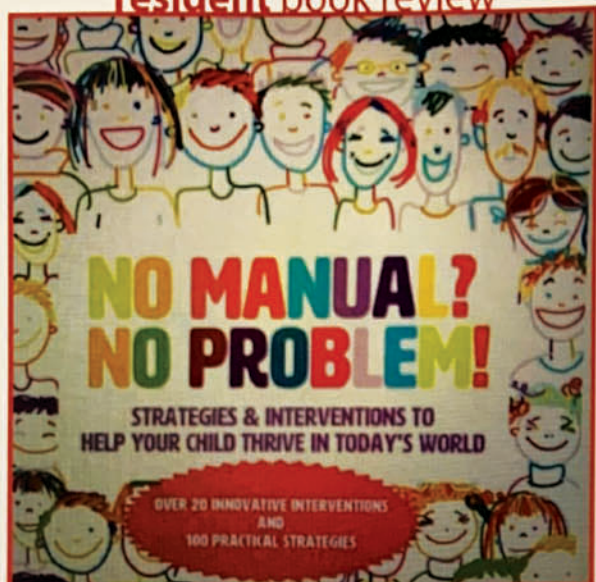


resident book review



BY MONICA REINHARD-GORNEY
AND PERK MUSACCHIO

Reviewed by Kelli Houpt and Catherine Gillespie



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The school setting has changed. Children have changed. Teaching and the role of teachers (and parents) have changed. The number of students who require special services has increased, so educators and parents need to be prepared and proactive in their approach to their child's success. Now more than ever, parents and/or educators need a trusted resource, such as *No Manual? No Problem!*

The authors, Perk and Monica, share their knowledge and experience, promoting a more global and holistic approach to parenting and education to remedy many of the physical, learning, and emotional challenges children face today. They share current research, important tools, and interventions that any parents can readily utilize to maximize their child's progress and development. This book also arms parents with the right information to discuss with pediatricians and educators, leaving them feeling empowered and able to be part of a solution that positively affects their child. It is a first-rate, easy-to-use "manual" for parents and educators. I highly recommend it.



KELLI HOUPT

1st Grade Teacher, Pocopson Elementary School
Unionville Chadds Ford School District

Kelli Houpt with her unicorn students.

There's no doubt that the world in which we live has changed over the past several decades and raising and educating children have become more challenging. *No Manual? No Problem!* provides background information on brain growth and development to help parents and educators understand how children develop and learn. The authors provide information on obstacles that may affect children's emotional and physical health and contribute to learning difficulties. These potential "culprits" include inadequate nutrition, lack of play, overuse of screen time, and busy, over-scheduled lifestyles. The good news? For each culprit, there are simple and easy-to-implement changes or strategies to help children overcome or avoid these obstacles. Additionally, the authors provide many research-based, lesser known therapies and techniques for cases that need more support. Our nine-year-old son successfully received neurofeedback to help with anxiety and attention issues. We are also taking him to vision therapy to help with recently diagnosed ocular issues that can sometimes be misconstrued as other learning or behavior problems.

It is good to know there are strategies available to families, educators and counselors to help them thrive in this new world. As an educator for the past 21 years and a parent of three, I found *No Manual? No Problem!* to be a valuable reference for my own children, as well as for my students. I strongly encourage anyone who interacts with children to read this book.



CATHERINE GILLESPIE

2nd Grade Teacher and Parent of Elementary
Aged Children

Catherine Gillespie

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