



# **Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs**

*Anat Baniel*

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## **Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs Anat Baniel**

**Discover the revolutionary way to harness the brain's capacity to heal itself**

Supported by the latest brain research, The Anat Baniel Method uses simple, gentle movements and focus to help any child, who has been diagnosed with autism, Asperger's Syndrome, ADHD, Cerebral Palsy or other developmental disorders.

In this supportive and hands-on book, Anat Baniel guides parents through the nine essentials of the method, each one designed to harness the brain's capacity to heal itself -- with remarkable and sometimes immediate results.

By shifting the focus to connecting rather than "fixing," this powerful yet simple method helps both children and parents to de- stress, focus, and grow. Most of all, the it helps all children maximize their potential, no matter what their diagnosis.

## **Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs Details**

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# **From Reader Review Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs for online ebook**

## **Heather says**

This book is about creating connection with your child, rather than fixing them. We learn what we experience, not what we necessarily were intended to learn. Instead we learn the experience of our limitations - what we can't do, or what we do poorly. We have to begin where a child is right now in terms of what he can do so he can progress beyond his present limitations. Discerning and respecting what a child can or cannot do at any given moment is a key factor in helping them move beyond limitations. If they could they would. This book teaches you 9 essentials through which you will learn to focus and awaken the underlying process of your child's discovery and creation of self, which is at the heart of successful growth and development. It shows you how to shift your focus away from what your child "should" be doing now according to age and stages.

I like how this book has short highlights for each section so you can get the basics without reading every section that is not pertinent to your unique situation & needs.

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## **Becky says**

Was not overly impressed with Baniel's essential tools for connecting with special needs children. She recommends slowing down, using touch, keeping flexible goals, varying activities, and promoting imagination among other essentials. I personally did not find her insights to be groundbreaking...or even insightful. Of course I need to slow down to connect with my child, and of course our movements and therapy must be slow and purposeful. Of course our goals need to be flexible. Variety is the spice of life. Perhaps I've already been tuned into most of these essentials before reading this. We adopted our daughter and have been focused on attachment parenting, and perhaps these "essentials" go hand in hand with what we've been doing to foster attachment with our daughter. At the most, this book was a good reminder of these things for me and an affirmation that we are doing beneficial things in meeting the needs of our child.

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## **Kristin says**

This book is of particular interest for parents of special need kids, but parents of typically developing kids can also get a ton out of it!

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## **Katie Hopkins says**

This is a fantastic book for any parent of a child with special needs. It lays out therapeutic techniques that can easily be applied by the parent - a good supplement for working with your child between appointments with the physical or occupational therapist.

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### **Sarah Mocca says**

Well, it took almost two years, but I finally finished this book. It was fascinating! The reason it took so long was not because it was boring or hard to read; quite the opposite is true! I spent a lot of time considering how to truly and effectively implement this book in every day situations, digest and re-read the information, and gain a real understanding of the topics. For a book on neural plasticity, it was exceedingly conversational and filled with real life cases and examples. This is a worth while read for anyone who has a special needs person in their life, but all of the concepts can apply to each of us, regardless of limitations.

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### **Jeannine says**

This is a book I believe anyone who has kids or who works with kids should read. Her method and the book are written specifically for kids with challenges but it has things that I really think could be useful for all.

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### **Jen says**

The exact method that the author uses to bring about these wonderful changes in special needs kids is very vague, and some of her 9 essentials seem just like common sense, nothing earth-shattering. However, I found myself taking notes on a couple key things, so I liked this book as a whole. It did make me curious to see this method in action.

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### **K, Nz says**

So far (just glancing at the book) the story of Michael, a young child who was in plaster is informative, and inspirational.

I've been recommending this book a lot, it makes so much sense, whether you are young, or older, have special needs, or not. For me it's inspirational, and yet again highlights the amazing nature of our brains while gently correcting long-held assumptions about how a brain learns/changes/adapts.

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### **Aslihan says**

Sadece özel ihtiyaçlı? çocuk sahibi olanlar değil, her ailenin okuması gerekiyor. Çok faydalı bilgiler içeriyor.

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### **Laura says**

Very informative on how the brain and movement are connected. Gives insight into how we can heal the

body through movement, while make new connections in the brain.

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### **Mhairi MacInnes says**

Brilliantly absorbing book for all parents and children no matter what ages or needs...

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### **Tara says**

Though her "essentials" are great, they don't seem like anything really revolutionary.

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### **Colleen says**

This book is amazing. It gives really amazing advice on how best to communicate with your special needs child. I thought it all seemed too simple to make a difference BUT I applied what I learned with my daughter who has cerebral palsy and she has made huge changes in the last couple weeks. I can't believe how much better we seem to understand each other, her spasticity is way down and she is attempting to crawl for the first time ever. Beware, though, it gives advice on HOW to do stuff with your child but not WHAT to do. I have been improvising. The book encourages you to seek Anat Baniel Method practitioners or come to their center to learn the WHAT to do part. So, it's a little frustrating because to really benefit you have to pay for lessons. BUT!...since it has helped so much doing it on my own with no idea what I'm doing, they have a new client!

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### **Kimberly says**

My children are not diagnosed as special needs, but I was curious about this book because it was recommended somewhere to me (can't remember where). I skimmed/read this book very quickly. Her stories of helping children are amazing, nonetheless, I didn't feel like she gave a very clear method to implement in one's own home. Of course, it's not really fair to think people can replicate her success on their own by simply reading a book, when she has studied the subject extensively and had loads of experience. And yet, I did get some ideas of how to do some things differently with my own kids.

I think the biggest takeaway I got was to respect the kids where they are at their current level and work very slowly with gentle nudges to help their brains figure out the next step to whatever they're learning when they're ready (wish I had been more confident in this area when they were babies). Also, to look out for areas where my kids are struggling; if the brain is mapping a pattern of failure, then work to gently remap that pattern and give opportunities to succeed and change the pattern. I also learned that when my kids learn a new skill, don't ask them to repeat it immediately (which is often natural in the excitement). They likely need time to process and will return to it when they're ready. Lastly, respect when they're deep in their own awareness (she calls this "awaring"). They're learning something in their own way, and I should give them the space to do it without interruptions, if at all possible.

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**Jan Patterson says**

Changed the way I care for medically fragile children.

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