Peter Margaritis: Hey, welcome back everybody. I real excited about my interview. Today when I logged into zoom, my guests Rebecca and Eric Scott. Eric had on this quite attractive polo shirt golf shirt. It has the colors of blue and white, and the lettering of UK as in the University of Kentucky. And, the first thing out of my mouth was ‘Go cats!” Because I'm a graduate of there, and I always love talking to people from my home State of Kentucky. So, I'm I got overly excited. I am going to try to keep that enthusiasm up because these guys have a wonderful story to share with you. And, first and foremost, thank you guys for taking time out of your schedule on this beautiful, almost Fourth of July weekend here in Columbus. Tt looks like it's nice there. Welcome Eric and Rebecca Scott.

Eric & Rebecca Duvall Scott: Thank you Peter for having us. We're happy to be here.

Peter Margaritis: And Eric and I have something else in common. He's does it better than I do. He's a CPA. I'm not a very good CPA. I’m the Accidental Accountant. He's the senior manager and tax for EY. I have somebody do my tax returns. So that should give you at least an idea. We share the same letters. He's more knowledgeable than I am. Wait a minute! What are you doing here? I thought tax season goes to get July 15.

Eric & Rebecca Duvall Scott: It does, but you know it's one of those things that we try to juggle it all. It’s a unique year. There's been lots of change in the tax world. So as much as we can, we try to keep things moving along. And that's what we're doing today.

Peter Margaritis: Well, cool. So, you’re authors. Rebecca, you've been an author, for I think if I read correctly almost since the day you were born.

Eric & Rebecca Duvall Scott: I've always wanted to write. I just always figured I’d do fiction. So, doing a Nonfiction memoir about our family, and kind of that Self-Help, Special Needs vein.

That was a new idea for us, but I'm excited to have the book published, and be on our way.

Peter Margaritis: As you say, he's math and your English. What a perfect combination. So what's the name of the book?

Eric & Rebecca Duvall Scott: Sensational Kids, Sensational Families: Hope for Sensory Processing Differences.

Peter Margaritis: Okay. And as I told you prior, I've tried to do my research around the sensory processing. And, you're gonna have to help me and my audience, because I know it's a good story, but I don't quite understand the details. And if you could share that, because some family might be going through something similar. And then once they're pushed it off to something else. And go, ‘Wait, actually, that sounds like something that my son or daughter has. Maybe we need to look into this.”

Eric & Rebecca Duvall Scott: We can tell you a little bit about ourselves. We got married in 2006, had two beautiful children. When our youngest son was about 18 months, two years old. We started noticing some concerning behaviors. I’ll also tell you I was a behavioral therapist with children with autism before getting married and being a homemaker. So, the concerning behaviors with our son. He had very low eye contact, very little language. He was really a bumper and a crasher. He'd kind of destroy any environment we put him in. We started tag teaming him, you know who is on Jacob duty and who would take care of our daughter Annabel. He didn't sleep well. He had a skin rash. I mean, they were just lots of different things.

Eric & Rebecca Duvall Scott: And being the behavioral therapist and having knowledge of autism. I knew that it wasn't exactly autism, but I didn't know what it was. So we started in with the doctors asking questions. They said it was all behavioral. They said don't compare them to your daughter. So, we got a lot of pushback, and it was very frustrating. And the only leg I had to stand on really was pushing for speech therapy. So, we got him into speech therapy and it was the speech therapist that actually said, you know, he's got some sensory processing differences and you need to get on up to occupational therapy. So, we moved there, and they were the ones who really helped us understand what sensory processing disorder was.

Eric & Rebecca Duvall Scott: It's not actually its own diagnosis that stands by itself yet, but it's thrown into the pervasive developmental disorder umbrella. That is all of your autism, ADHD Asperger's, all of that really fits under that umbrella, but you can have sensory processing differences without having all of the components of autism. And that's what we were dealing with. So we did about seven years of intense file medical intervention. We changed the food diet around, and we customized a vitamin regiment with the help of integrationist to get his body what it needed to support the nervous system.

Eric & Rebecca Duvall Scott: And then we went on to the occupational therapy and worked through a lot of different strategies with them. One of them was integrative listening therapies, where he would wear little headphones that had modulating music that actually created some new neural pathways in his brain for sensory information travel. And it was during that strategy, that intervention that we started seeing…He started feeling pain. He had never felt pain before. He cut his hand open when he was little, and just looked at it and he needed stitches. It was bad. He had never felt temperature before. So, the first time that he was in the bathtub. I think Eric was giving him his bath, and realized he had goosebumps. And he had never had Goosebumps before because his body was misinterpreting the sensory signals that it was taking in. So, seven years of intense biomedical and occupational therapy and we're sitting in a really good spot. He's 10 years old in the fifth grade. We homeschool and he's ahead of the curve in a lot of the subjects. He's a very right brained thinker.

Eric & Rebecca Duvall Scott: We're just excited with how well he's doing. And I wrote the book because I wanted to try to help other families who didn't know what was going on with their own children. And kind of in that place where I was at the beginning where I knew something was off, but I didn't know what it was or how to help. And I had started blogging to raise awareness for my family and friends so that they understood some of what we were going through. And people started finding us from all over on social media, wanting to follow the story. So, it was after repeated request to put it all in one book that we did turn it into a book to try to help other people. And the unique thing about the book is that his occupational therapist wrote professional Question and Answer sections. So not only are you getting the viewpoint of the Mother and the family, but you're getting the professional commentary as well.

Peter Margaritis: So my question is, I mean, my son was diagnosed with ADHD and you describe your son in those early years, Captain Destructo, or somebody named him that.

Eric & Rebecca Duvall Scott: My own mother, his own grandmother named Captain Destructo.

Peter Margaritis: There’s a whole lot worse things that…

Eric & Rebecca Duvall Scott: A term of endearment, for sure.

Peter Margaritis: Absolutely. And I remember with my son. We just kept play it off. Like, ‘He's just a boy.’ I mean, and then something happened one day, I was like, maybe this is.. There is something that is just not right. And actually, I remember when Psychologists came out and said, after you've done all the tasks. He said, Your son has a case of ADHD and a moderate reading disorder. And did I feel like parent of the year? No. I felt like the biggest… because he was trying to send me this information. But I wasn't understanding what he was trying to tell me. I would assume it's the same thing that Jacob was going through as well. Right?

Eric & Rebecca Duvall Scott: Yeah, we really kind of think about nervous system function or dysfunction, whichever camp you like to think of it, as a sliding scale. So, at the lower end, you've got your learning disabilities. You're a DD ADHD. Your SPD with the sensory processing disorder sits kind of in the middle. It builds up into Asperger's and the more severe nonverbal autism. So, depending on where you sit on that scale, you might have any cocktail of diagnoses and challenges. I think from a personal level, you know, as you were describing it, not being able to understand and take the information that that you're in person was trying to give you. I mean, I felt a similar way for Jacob.

Eric & Rebecca Duvall Scott: Our first child Annabel was very quiet very pensive Jake was a complete one at from that. And you know your initial reaction as a parent is just to protect them and say, you know, that's just a boy. He's all boy. Yes, he's bouncing off the walls and literally but that's just what boys do. And you know, I think, no parent wants to ever hear that something is wrong with her child. And I think once you get past that that. Okay. Something is not right. Fine, let's figure out a way to fix it.

Eric & Rebecca Duvall Scott: Rebecca got their whole lot faster than I did. I remember going into the occupational therapy when he did his initial eval. And I just, I wanted to be someplace else.

You know, because I didn't, I didn't see all the behaviors that she did of course. She was with a much more than I was. But I think as a parent, you just it's difficult to accept that something's not right. But you got to get there. You got to get to that point and get over it, because there's ways to help them on the other side of that. Of that analysis. I think the only reason that I did better with it is because I had the background as a therapist. So I already had that mindset of early intervention, let's dig in and you know let's fix the parts of it that we could improve. So, like when we talk about the biomedical intervention and fixing some of that biology. He truly he was deficient in 14 out of 16 major minerals, vitamins and antioxidants. These were things that we could help you know and so digging in and trying to fix what we could fix to help support him. And he still has sensory processing differences, but they don't inhibit his life like they used to. And we definitely would more consider him just ADHD now.

Peter Margaritis: So, I mean, the chance with ADHD. It's that learning disability that impulsiveness. And the crazy thing was when he was diagnosed with ADHD and given the symptoms, I looked at the doc, I said, ‘Are you talking to me or him’? That was my first instinct that I was diagnosed with adult ADHD. And I've come to learn my impulsive behaviors and I can feel them coming on, but I can see my… he's 20 years old now. He has those impulsive behaviors and I'm going this you kind of take care of yourself. You got to realize these things. So how do you… you said your son is 10 right?

Eric & Rebecca Duvall Scott: Yes.

Peter Margaritis: So at 10 years old, and trying to be a kid at 10 years old, that was Stephen’s biggest challenge too, is trying to be a kid. So how are you helping, what strategies have used to help him to be a kid again or maintain that child?

Eric & Rebecca Duvall Scott: Yeah, well, we've always tried to be very honest with him about the challenges, and we've always tried to reframe it very positively at why his differences actually make them very special. And that is a good thing. And we have to work on the behavior some of the time. He's got quirky little behaviors, where he thinks he's being funny at times, and sometimes he's genuinely… He is a clown of the family. And he has us laughing and all the time. But there's times when it's not appropriate to be making jokes about whatever. But he doesn't realize it. There's that social key of, you know, not being able to exactly read how it's going to come across to other people. But we just try to keep, you know, keep him as honest as we can, and we work with them through homeschool and he has a lot of friends. We've built a co-op from scratch. You know, that allows him to be a kid. And just to go and play with a very close- knit group that understands his differences. Where he can really just be a kid and it's okay, you know, to have those differences.

Peter Margaritis: With Stephen, he had a hard time adjusting initially with it. He just felt like, because we had to hold him back, he just felt like he was out of the loop. And especially when we had to. But that was the best thing for him, and he finally realized that around 18

Thanks, Dad. Thanks, Mom, Dad, because I know you're trying to help, but those years tough.

Eric & Rebecca Duvall Scott: Yeah, and you know, with Jacob. For him. his job at being a kid. Going to parties or going to other events or picnics, you know we always sent him with his own bag of food. Because so much of the inhibition interventions that Rebecca discovered through the research was taking out a lot of the food diet, taking out a lot of dairy and wheat and gluten and other things. So, a traditional birthday party, you know, with cake and ice cream. Well, he can't have those. So, we always make sure that he's got something that while the kids are eating cake and ice cream. Okay, well, here's your cookie in your sorbet, right. Things that he can have still partaking the activity, just not in the same food.

Eric & Rebecca Duvall Scott: And I think that's critical too. So he still feels that natural association and the group activity, but he has to have some accommodations. And I think, you know, we, it's just one of those things to be mindful of. For him, though I don't know if he sees a difference. I think he's young enough that it's always….That’s always been. You know, he doesn't remember a time where it's been any different. And so, he knows that when other people are starting to get something to eat. He knows that, you know, chances are if there's a party snack that's laid out, he probably can't have it. So, he knows to look or come ask and we're look for his specific lunch box where all of his food is at. So, I think he's very aware from that perspective. He was diagnosed at three, so he's really just grown up this way. Everybody has. So, it's not really any different for him.

Peter Margaritis: He cut his hand but couldn't feel it. The water was so cold. He had goosebumps, but he couldn't feel or so warm that and Being Captain Destructo

And bouncing and running into things. I mean he had to have bruises all the time. In essence, and just was during this time…Did you know that he had SPD or was it still in the discovery stage?

Eric & Rebecca Duvall Scott: When he cut his hand, he was about two and a half, and we did not know. We just thought he had a very high tolerance of pain. And, he got diagnosed at three and a half. And when we started intervention. And we didn't find out about the pain… It didn't start clicking until he was around four years old. And when we started with the integrative listening therapy. It was…you could really see the transition. And, he fell down and skin does me up one day, and his sister is standing there saying, ‘Oh, Jacob, you're hurt.’ And it's like he realized. Ouch. Something hurt, but he's looking at his elbows. He's looking at his fingers. He's looking at his toes. He didn't even know it was his knee. So, until she got down and touched his knee. Then he saw his booboo. And then, you know, it was real to him. But that's how Sensory Processing Disorder works. We all have a sensory system and you intake all the information from your senses, and your brain tells you what's important to listen to and what's not. And you output a behavioral response. So, when you have a disorder of that system, something is getting mixed up or the signals are not even getting through.

Eric & Rebecca Duvall Scott: So of course, his body was taking in pain signals. You know, when he was little, but his brain was like a country road, and the messages were not getting through, obviously. And then when we were doing that listening therapy, very slowly, we started seeing him process pain and temperature. He could spin and spin and spin and never get dizzy. We saw we started seeing him process the vestibular movement that would make him dizzy. So, it was really a miraculous thing to watch.

Eric & Rebecca Duvall Scott: Yeah, it was calming for him. We hung up a special swing in his room that you can wind, you know, hooked up to the rafters. And he literally loved to stuff them up in there. Get all of his luvvies as plush toys and stuff as high as we could. And then we'd sit there and we'd wind it up. But as tight as we could and just let it go, and he would fall asleep in there because it was so calming down. He loved it.

Peter Margaritis: Oh wow. So, he's 10 now. And so, because I was trying to think about this, and things with my son with the ADHD, because you said it's kind of transitions itself into more of an ADHD mode, and Stephen for a while was on some medication. He is off of it. But school became a big challenge for him. And so much so that, even though we send them back to a year as he progressed through.. He graduated high school. We had a slight concern at one point if yo he was going to graduate, but it was just so much harder for him to study and stuff. And a buddy of mine, whose son had ADHD. When we diagnose him. He told he told us, that's probably one of the biggest challenges he's had with his family is getting them to that point to get ready for college. Yes. Is it the same path for Jacob as well?

Eric & Rebecca Duvall Scott: Well, when he was diagnosed at three, we tried to put him in a special needs preschool that we thought would be able to help and I ended up being in there most of the time trying to help them help my child. So, we decided we weren't going to pay for thousands of dollars to send them to a school. There would have been no hope in a public school system. Even with the IEPs and the 504 plans and all the accommodations, the best teacher could not have handled him with 29 other students that you need to try to take care of.

So, that's actually how we turned to homeschooling and that's made a lot of the challenges other people face so much easier. Because he's a very kinesthetic learner. So, we can pull all of the concepts off the page, we can teach him the way that he learns, and he can take as many breaks, as he needs through the day to get his work done. He takes a lot of sensory breaks, where we kind of think about all these kids have a sensory bucket that you have to fill it up to the just right level so that they can function well, and they can concentrate, and focus and stay regulated. And it's no problem when you're working at home like that for him to run out and play water balloons, or go swing on the swing set or jump on the trampoline, and come back ready to do his work and to do it well. So, we had to build in our co-op , and a little cottage school that he goes to and takes one or two classes a week. And so just a little bit of a taste of how to sit with other kids and another teacher besides me and his sister.

Eric & Rebecca Duvall Scott: But we've loved it and it's gone really well. And as far as college path. We don't know exactly. You know, where he'll end up or what he’ll, you know, every what 10 year old boy wants to be a YouTuber so that's where we are at the moment is we he wants to be a YouTuber. But we're hopeful that businesses will really start thinking about expanding how they look at potential talent. And that there'll be more accepting of neuro-diversity in the workplace, because these kids can really be an asset, when it comes down to it. Their skill set, you know, art, sometimes far beyond neurotypical people.

Peter Margaritis: And it has to click, and I apparently, I'm a bookworm. I turned into a book one because as I could pass the CPA exam and become a master's degree in this stuff and I never thought about, but he's just the opposite. I mean to traditional learning process of reading a book and applying it, just does not sit with him. He's going to be more hands on and be able to do something, create something visually, and that has always been our struggle with the school system and try and do that. Yes, we had the IEP, that 504 and all that intervention. And it helped but it didn't motivate him.

Eric & Rebecca Duvall Scott: Yeah, yeah. What I know about the school systems and things that I've read and researched in general. They're very left brained and these neuro- diverse kids and people are very right brained. So, how is fitting that circle peg into a square hole. And until the school systems, until the businesses, until the communities at large really start figuring out how to make it more accommodating and accessible for the neuro-diverse people. You know, when we get to that point, then great things are going to explode because, you know, these kids, they're being held back by how the systems are set up and it's not accessible. You know, if these kids were in a wheelchair, you would build ramps, you know. If they couldn't hear, and they could get a cochlear implant, you would do that. So, it's about making things more accessible so that they can shine in the great ways that they can. So, I think you all are starting to incorporate a little bit of neuro diversity into the workplace too. Aren’t you?

Eric & Rebecca Duvall Scott Yeah. Yeah, I mean I think some of the professions are coming around to that. And I think as we realize that the that, you know, the accounting profession is changing quite a bit. I mean, just, you know, I've been in public practice for 14 years and in that 14 years I have seen so much change in the tax code, in the accounting profession. They've had a reconvocation but then the implementation of technology just, you know, there's so much technology that is incorporated into this. And so I think there's an understanding by law, the larger companies and maybe even some of the smaller local firms as well is that, you know, the way we have done things in the past 10-15 years is not going to be the way we do in the next five. Right? The pace of that change is accelerating, and technology is going to be at the heart of that. And so, it is a recognition of, okay, well the talent that we've looked for in the past is not necessarily the same talent we need in the future. And there's been a pretty big expansion across the firm's that I've seen in front of the one that work for in terms of what type of talent, they go after it is still accounting majors. Yes, but then a lot of Econ, a lot of IT. Infrastructure, of people that understand coding because now when we talk about audits. You know, I do tax work. I don't do audits.

Eric & Rebecca Duvall Scott: But we have folks that will go in and will audit, an IT system, right, they'll basically try to go hack it. Where's the weak points in the system because all that is, you know, structurally how businesses are built upon. And I think there's been understanding that the neuro- diversity folks is critical to be able to get those different perspectives, because the way certain people, like Jake. He’ll attack a problem differently than I would. Right. But that doesn't mean his ways, right, or my ways. Wrong. It just means that this is a different perspective. And sometimes you can build it a team with different perspectives, you're gonna get a better answer me a better result. So, I think there's a lot to be said for that inclusiveness right, and then to your point about bringing in accommodations you know it. We saw workplaces. There was a term that we use in the firm called workplace of the future. Where we have not really cubes, right. Cubicles really aren't the thing anymore. But we had different workstation, and some of the workstations allowed you to raise or lower the table so that you can stay in to work for a few hours or not. Others would have, you know, many treadmills in them. So you can kind of keep moving because it was a recognition that people like to move as they're doing it helps them think. And I think there's just a natural progression and evolution to that thought process that. That's the next wave of it is, OK, now that we've got this physical workspace. What else do we need to think about to accommodate for the rest of the folks that may need those additional commendations?

Peter Margaritis: For a while, but the traditional university is not meant for everybody. Even though we're been told that that's supposed to be met for everybody. In essence, but hearing… I'm based out of Columbus, Ohio, and Stephen wanted to start off at Columbus State, which was great. But then I didn't realize …My buddy, we were talking says, ‘Have you looked at any of the certificate programs?’ And amount of certificate programs they had was phenomenal. In almost every different variety. You know he's taking a gap year now. He's not an online learner, as a lot of kids aren't, so he's just going to take a gap year but we have the conversation of find something that you love. Learn it, you don't have to have the history or the philosophy and all that other stuff but learn it, get a job, start making a living, and you can always go back and finish your degree. If that's something that you truly want to do. But then you read that Google and Apple and creating their own universities. Where you know high school and then you go work for them. And graduates to their university and they've got the skills necessary to succeed. Without having to go to the brick and mortar UK, U of L, The Ohio State University.

All of my Ohio State friends will give me a really hard time for that. But you know it's education, higher education is is changing rapidly.

Peter Margaritis: But it's slow. And I know that sounds a little crazy, but its like turning a battleship on a dime, but it seems that there's been some cutting edge work done, maybe to community college level to accelerate and be more inclusive. And that education and bringing, bringing different diversity into the classroom and not pushing them away.

Eric & Rebecca Duvall Scott: Yeah, I agree. Yeah, I think. Maybe one of the silver linings of this pandemic is that you know the universities, and frankly businesses in general, aren't able to operate the same way they did before. So, this pandemic is as bad as it is, it is also an agent of change and you know, I like to be an optimistic person. I like to think that will that change will, we will come through the stronger and better. And I think it will be a good change, you know, to, to recognize that just because the way we have always done things. It's not the way we need to continue to do them. And there are better ways to enable people to learn, to work and to get solutions.

Peter Margaritis: I'm writing an article about that right now. About so you remember the day when the internet was just a fad. Online buying this e commerce was just, you know, that's going to die. Brick and mortar is going to be here forever. And then I go on to say, but you know what, I remember the time when we thought remote working that you can't be productive working remotely. All you're doing is eating bonbons and watching Ellen. Come to find out. So there's a number of firms that I work with here in Ohio and in Maryland, that they're now having the conversation going. Do I need all this overhead? Do I need this real estate? You know we've been productive for three, four months and actually they want to stay home. So it's an interesting evolution that's happening a conversation as relates to the pandemic, which is horrible, but there's always a silver lining somewhere and I love it. It has been an agent of change.

Peter Margaritis: Tell me something about Jacob that every time you think about you just smile.

Eric & Rebecca Duvall Scott: It's…He's a comedian. I mean, when we're trying to parent and he's got you laughing when you're not supposed to be laughing. Especially him. It's like, would you come on, because you know I need him to know that I'm serious, you know, and for Jacob to see both of us serious but we're both laughing. He's a very Carpe Diem type of a clown kind of kid. It's just easy bundle of joy and emotion all rolled into one and makes you live in the moment.

Peter Margaritis: That's so cool because I'm a frustrated comedian myself, but I tell you what, if he's got that same mindset when he sees you laughing. It just makes him keep going.

Eric & Rebecca Duvall Scott: Oh yeah.

Peter Margaritis: And the only way to get him to stop is quit laughing but a lot of times you just can't.

Eric & Rebecca Duvall Scott: Right. Yeah, definitely. Yeah, and then I was gonna say, and then Annabel our other one and she's the intense writer. And she's all into creative writing and wants to write her own books and she's seen us go through process. And now she's all interested in it, and she's a whole bundle of joy right on her own.

Peter Margaritis: How old is she?

Eric & Rebecca Duvall Scott: She is going to be 13 this year.

Peter Margaritis: Okay and she already knows she wants to be a writer. She must have gotten that from dad. Right?

Eric & Rebecca Duvall Scott: Yes, she was. She wants to be an obstetrician as well. She's always talked since she was little itty bitty about wanting to be a doctor. So, we've heard obstetrician were recently hearing actress, we’re hearing creative writer. She's kind of our engineering inventive type kid. So yeah, but

Peter Margaritis: That's great. So let's talk about this book. This process. So, you're a writer. But you said you were more of a fiction writer versus nonfiction. So, what was the thing that made you go, ‘I need to write this book?” Because… I noticed that to help, but that had to be, what was the switch in there that thought process?

Eric & Rebecca Duvall Scott: It was that so many people were finding us already on social media and asking me questions, and I really felt like I was saying things over and over and over again to new people that didn't know. And so there was just a large audience that needed this type of book so that they could, you know, have it in their hands and have all the ideas in one place and be able… It’s very reader friendly. It's a fast read. And how we have set it up with the different chapters. Anything that you need as applicable to your life, you can just flip to that chapter and read. There was just a real calling that they needed this type of a book to try to help people because especially early intervention is so important. And if you can get in that early intervention window you can make so many good positive changes in the nervous system while it's still very malleable. And so it was just, it was a story that needed to be told. About five years from the time when we started working on it drafting it.

Eric & Rebecca Duvall Scott: And then we started homeschooling in the middle and kind of got shelved a while. And then Eric was actually the one who, you know, we're really comfortable… This is your seven homeschooling, you know, we're really comfortable in our routine. He says, you know, you need to pull that back out and you need to finish it. And I had kind of put it up and was wasn't done with it, but just I didn't have my mind on it at that point. But when he started telling me, you know, you need to finish it, need to finish it. And then I know that, you know, our friend, Stephanie Fager, we went both went to college with her, but he knew or not me, and he said, I need to introduce you to this girl, Stephanie. She's published her own book. And, we ended up being in the mall one day and I'll never forget it. We were only out there because our daughter was babysitting out in that end of the town. And Stephanie happened to be at the mall and never goes to that mall. They had stopped by to get her daughter a pretzel. We walked past each other and the look on Eric's face was just, you know, he couldn't talk. He's trying to get me to stop walking. I'm ready, go to my store, you know, and he's getting me to stop and he's looking back at her and he's trying to get her name out and get her to stop. So by the time he got us connected, it was one of those moments where we know this is big. And this is important. And this is supposed to happen.

Peter Margaritis: We have the same publisher. And so, Stephanie introduce you to Kate and the Silver Tree. And yeah, I've had two wonderful publishers. Advantage media group did my first book and Kate at Silver Tree Communications and second book. And I tell you what I've talked to folks who have written books and didn't have that type of publisher and it's hard enough to write the book but turns into a nightmare after that. I have to put a plug in for both my publishers, especially since we share one her, because they it's worth the price to get it done right. Kate and Stephanie are excellent editors as well.

Eric & Rebecca Duvall Scott: Yes, absolutely. We have loved the whole process. Also, and one thing real quick just about the book and the process. You know, when we were going through it. There was a lot of research that Rebecca did that, frankly, had not been aggregated. It was a lot of piecemeal, she was trying to track down this and track down that. We talked to different people, different doctors. They say, well, have you thought about this and he thought about that, and her occupational therapists that is also the professional commentator. So there's lots of information out there but there wasn't a good way to really sit through it all, and think through an aggregate it. And I think that's another benefit of the book is that what Rebecca did is she curated, you know, a lot of this information and has decided to all of it as additional resources. So it really is. It's things that work for us. Yes, absolutely. But it's also a wonderful resource to, you know, for a parent or anybody else that may be struggling with something that could be sensory processing. Here's other resources as opposed to all the legwork that Rebecca had to do to go and do all that rank research on her own. It was a lot.

Peter Margaritis: The name of the book again is?

Eric & Rebecca Duvall Scott: Sensational Kids, Sensational Families: Hope for sensory processing differences.

Peter Margaritis: And it came out March of 2020 if I'm correct, and it's available on Amazon.com. And, probably a number of other Book processing publishing sites as well. How can if someone's listening to this, I need to get ahold of you guys. How can they find you? How can they get ahold of you?

Eric & Rebecca Duvall Scott: We're both on LinkedIn and I'm on Facebook. And I have a follow-up kind of support group on Facebook that started out kind of as our launch team for the book, and it has turned into a sensational page of information following continuing, you know, our family story and the book success. And so, you can find me there as well. Kinda keep up with the story on what's going on with us. And I do have a website Sensationalkidssensationalfamilies.com.

Peter Margaritis: And go to Amazon, because I was clicked ‘Look and see inside’

Take that early read. It's well worth three. It’s an interesting story that she opens up with and shares with it in this book. And I just want to thank you both for taking time to visit with me to share your story. And I hope that you get emails, phone calls people contact you say, I bought your book, and it really helped us with our child. It just made that big a difference.

Eric & Rebecca Duvall Scott: Yeah, we've already got one of them. That was probably one of the best things after writing it, you know, you go through the whole process of writing. It's like birthing a third child, you know. And you think, gosh, you know, should we have done it? You have all these doubts after the fact. But it's out there, you know, our stories out there for better for worse. And I had a grandmother and then her daughter both contact me and say, you know, we've read the book and they had started their little girl. She was about four years old on

took out some food allergies that they were suspecting. Started in with some Epsom salt baths, which is one of our suggestions started with the sensory diet, they just took a vacation and

implemented a lot of our vacation strategies with visual schedules and visual aids and timers and things. And she said that she has calmed down. She's sleeping through the night. And she's actually starting to make eye contact, and she's being more present in the moment like she's really seeing what's going on around her. And I remember when that happened for Jacob so

that was a big deal, you know, to think if you just helped the one person, but we know the book has already got into over into England. I've had some contacts into India and the Philippines and other places. And so it's growing. And it's really exciting.

Peter Margaritis: Thank you for sharing your story with my audience and I'll leave it with I want to hear the story in about three or four years again and see how Jacob was doing. Yeah. And I have to say, ‘Go Cats.’

Peter Margaritis: Thank you both so very much.