**Helping Children to Build Self-Esteem: A Photocopiable Activities Book**
by Deborah M. Plummer, Alice Harper (Illustrator)

Average Goodreads Rating – 4.0/5

This second edition of the highly successful "Helping Children to Build Self-Esteem" is packed with fun and effective activities to help children develop and maintain healthy self-esteem. New and updated material has been added including a section on running parent groups alongside children’s groups, as well as a brand new layout, fresh illustrations, an expanded theoretical section and extra activities. Based on the author’s extensive clinical experience, this activities book will equip and support teaching staff, therapists and carers in encouraging feelings of competence and self-worth in children and their families. It is primarily designed for use with individuals and groups of children aged 7-11, but the ideas can easily be adapted for both older and younger children and children with learning difficulties. This fully photocopiable resource is invaluable for anyone looking for creative, practical ways of nurturing self-esteem in children.

**Library Reference: 3**

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**Working with Adults with Asperger Syndrome: A Practical Toolkit**
by Carol Hagland, Zillah Webb

Average Goodreads Rating – 3.0/5

Supporting someone with Asperger’s Syndrome (AS) can, at times, be frustrating and challenging. But a greater knowledge and understanding of the problems facing people with AS can make a huge difference to their lives.

This practical workbook was developed in consultation with carers, and can be used in groups or with individuals, concentrating on particular characteristics to learn more about the people you are supporting, or it can be used as a resource for everyday information seeking and problem solving. Atypical social behaviour and the importance of routine are explained, as well as considering relationships, emotions and mental health. Packed with exercises and case vignettes to help you to get to know the person you are supporting better, there is also a trouble-shooting section at the end of each chapter with practical solutions for tackling common problems.

Working with Adults with Asperger Syndrome - A Practical Toolkit offers an easy-to-use, person-centred approach, which will prove a valuable resource for families, friends and a wide range of professionals involved in supporting an adult with AS.
Healthy Mindsets for Super Kids: A Resilience Programme for Children Aged 7-14
by
Stephanie Azri
Average Goodreads Rating - 4.2/5

Self-esteem, communication skills, positive thinking, healthy friendships, and dealing with anger, stress, anxiety and grief are all crucial parts of being resilient and having strong life skills.

Join forces with superheroes Steemy, Link, Zen, KipKool, Holly and Hally, Beau and Angel in this 10-session programme to boost resilience in children aged 7—14. Each session focuses on a key theme, and a superhero character helps to teach each skill, from overcoming anxiety to dealing with grief. A creative hands-on activity closes each session, and session summaries and tips for parents encourage children to continue learning and building their skills between sessions. An engaging comic strip story about the superheroes runs throughout the program. Sessions are flexible and easily adaptable for use in different settings and with younger or older children and include photocopiable worksheets.

This imaginative resource is a complete programme, ideal for teachers, counsellors, therapists, social workers and youth workers.

Autism Asperger’s: Solving the Relationship Puzzle: A New Developmental Program That Opens the Door to Lifelong Social and Emotional Growth
by
Steven E. Gutstein
Average Goodreads Rating - 3.96/5

A ground-breaking Developmental Program that Opens the Door to Lifelong Social & Emotional Growth for Persons with Autism, Asperger’s Syndrome & PDD” Steve Gutstein, psychologist and autism specialist, sought to discover why children with autism lack the social skills that come so easily to the rest of us. The result of his efforts is an innovative program - Relationship Development Intervention - that take social skills teaching to the next level. You’ll learn about the social development pathway of the nondisabled child and the life-changing detour taken by children on the autism spectrum. However, instead of leaving you there, Autism/Asperger’s: Solving the Relationship Puzzle describes ways to steer children with autism onto a bright new path of self-discovery and social awareness, one that will ultimately bring them home to meaningful friendships, shared emotions and heartfelt connection with the people in their lives. It’s an important new book in the autism field.
Exploring Feelings: Anger: Cognitive Behaviour Therapy to Manage Anger
by
Tony Attwood

Average Goodreads Rating - 3.92/5

Winner of a 2008 Teachers’ Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management. Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond. Helpful topics include:

Overview of the Exploring Feelings Program
Introduction to Cognitive Behaviour Therapy
Modifications to Conventional Cognitive Behaviour Therapy
Affective Education
Cognitive Restructuring
Comic Strip Conversations
The Emotional Toolbox
Additional Tools for the Toolbox
Social Stories
Research Evidence on the Effectiveness of Exploring Feelings

Library Reference: 7

Helping Children to Cope with Change, Stress and Anxiety: A Photocopiable Activities Book
by
Deborah M. Plummer, Alice Harper (Illustrator)

Average Goodreads Rating - 4.0/5

This book is full of creative ideas for use with children who have difficulty in coping with change, stress and normal levels of anxiety. Supported by a comprehensive but accessible theory section, the practical exercises are a simple and fun way of helping children to learn healthy stress management strategies. Deborah Plummer offers over 100 activities and games specifically aimed at helping children to build emotional resilience. With a mixture of short, snappy activities and longer guided visualizations, these exercises are suitable for use with individuals or groups, and many are appropriate for use with children with complex needs or speech and language difficulties. This unique photocopiable activity book will be an invaluable resource for parents, carers, teachers, therapists and anyone looking for creative, enjoyable ways of helping children to cope with change, stress and anxiety. It is primarily designed for use with individuals and groups of children aged 7-11, but the ideas can easily be adapted for both older and younger children and children with learning difficulties.

Library Reference: 8

100 Stories of Social and Safety Awareness (e-book Format)
by
Makoto Shibutani

Average Goodreads Rating - 4.33/5

"100 Stories of Social and Safety Awareness" is a book which teaches children with Autism, Down Syndrome, ADHD or other related disorders social and safety skills. As the title says, there are 100 stories in this book and each story has a child-friendly pictures. This book is formatted for a purpose of e-book. It is recommended that you carry the e-book device and when there is a learning situation for your child, you read the story with your child.
<table>
<thead>
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<th>Library Reference: 9</th>
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| **The New Social Story Book: Illustrated Edition**  
  by Carol Gary  
  Average Goodreads Rating - 3.63/5 |

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<th>Library Reference: 10</th>
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| **Autism Discussion Page on Anxiety, Behaviour, School, and Parenting Strategies**  
  by Bill Nanson  
  Average Goodreads Rating - 4.5/5 |

The Autism Discussion Page green book covers anxiety and stress, challenging behaviours, stretching comfort zones, discipline, and school issues. It also provides more general teaching and mentoring strategies for coaching children on the autism spectrum in basic daily living strategies to improve their day-to-day lives. Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.

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<thead>
<tr>
<th>Library Reference: 11 &amp; 12</th>
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| **Autism Discussion Page on the Core Challenges of Autism**  
  by Bill Nanson  
  Average Goodreads Rating - 4.73/5 |

The Autism Discussion Page blue book focuses on the core challenges associated with autism (cognitive, sensory, social, and emotional) and provides concise, accessible information and simple tools for supporting children with these vulnerabilities. Based on posts on the popular online community page and organised by subject for ease of reference, this book offers an excellent understanding of how children with autism process and experience the world and effective strategies for coping with the challenges.

<p>| Library Reference: 12 &amp; 13 |</p>
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
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<th>Description</th>
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<tbody>
<tr>
<td>The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know</td>
<td>David J Miklowitz</td>
<td>–</td>
<td>Getting an accurate diagnosis is the first step toward reclaiming your life from bipolar disorder. But if you or someone you love is struggling with the frantic highs and crushing lows of this illness, there are still many hurdles to surmount at home, at work, and in daily life. You need current information and practical problem-solving advice you can count on. You've come to the right place.</td>
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<td>* How can you distinguish between early warning signs of bipolar mood swings and normal ups and downs?* What medications are available, and what are their side effects?* What should you do when you find yourself escalating into mania or descending into depression?* How can you tell your co-workers about your illness without endangering your career?* If you have a family member with bipolar disorder, how can you provide constructive help and support? Trusted authority Dr. David J. Miklowitz offers straight talk, true stories, and proven strategies that can help you achieve greater balance and free yourself from out-of-control moods. The updated second edition of this bestselling guide has the latest facts on medications and therapy, an expanded discussion of parenting issues for bipolar adults, and a new chapter, &quot;For Women Only.&quot;</td>
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<td>Library Reference: 15</td>
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<tr>
<td>An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids</td>
<td>Hunter Manasco</td>
<td>4.04/5</td>
<td>The rules of physical contact can be tricky to grasp and children with special needs are at a heightened risk of abuse. This friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch, thereby helping the child with special needs stay safe. Each story covers a different type of touch from accidental to friendly to hurtful and will help children understand how boundaries change depending on the context. It explores when and where it is okay to touch other people, when and where other people can touch you, why self-touching sometimes needs to be private, and what to do if touch feels inappropriate. This book is an invaluable teaching resource and discussion starter for parents, teachers and carers working with children with special needs.</td>
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<td>Library Reference: 16 &amp; 233</td>
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Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management for Young People
by
Kate Collins-Donnelly

Average Goodreads Rating - 4.0/5

Watch out for the Stress Gremlin -- he loves to feed on your stress, and as he gets bigger and bolder, you get more and more stressed! How can he be stopped? Don’t give him any more stress to eat and watch him and your stress disappear!

Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles. Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin!

This informative workbook is easy to read and fun for a young person aged 10+ complete either on their own or with the help of a parent or practitioner. It is also a valuable stress management resource for those working with young people, including mental health practitioners, youth workers, social workers and education sector staff.

Library Reference: 18

**AUTISTIC AUTHOR**

Martian in the Playground: Understanding the Schoolchild with Asperger's Syndrome
by
Clare Sainsbury

Average Goodreads Rating - 4.27/5

This exceptional book illuminates what it means to be a person who has Asperger's Syndrome by providing a window into a unique and particular world.

Library Reference: 19

Autistic Thinking: This is the Title
by
Peter Vermeulen

Average Goodreads Rating - 3.65/5

To understand the ways people with autism think, Peter Vermeulen argues, we need to try to get inside their world. The latest scientific thinking is clearly explained, and illustrated by numerous personal accounts. This introductory book offers the reader a real window into the autistic mind and the very individual way in which it processes information.

Honest and accessible, this book will be invaluable to anyone involved in the care of an autistic child.

Library Reference: 20
**AUTISTIC AUTHOR**

Asperkids: An Insider's Guide to Loving, Understanding, and Teaching Children with Asperger's Syndrome

by

Jennifer Cook O'Toole

Average Goodreads Rating - 4.27/5

As a parent, a teacher and an Aspie herself, Jennifer O'Toole provides the definitive insider's view of Asperger syndrome. She shows how to help children on the spectrum by understanding how they think and by exploiting their special interests to promote learning. Her strategies work because she thinks like the children that she teaches.

This exciting book is full of effective and fun ways of engaging with children with Asperger syndrome. Jennifer explains how theory of mind difficulties create the need for concrete forms of communication and provides original methods to inspire imagination through sensorial experiences. She reveals the untapped power of special interests, showing how to harness these interests to encourage academic, social and emotional growth.

Affirming that different doesn't mean defective, this book offers the insight and guidance that parents, educators, and other professionals need to connect with the Asperkids in their life and get them excited about learning.

Library Reference: 21

**AUTISTIC AUTHOR**

The Asperkid's Launch Pad: Home Design to Empower Everyday Superheroes

by

Jennifer Cook O'Toole

Average Goodreads Rating - 4.08/5

For Asperkids, home is both their protected lair and their launch pad into success in a neurotypical world. Jennifer O'Toole provides parents with all the help they need in planning their home environment to encourage their Asperkid superheroes to soar.

The Asperkid's Launch Pad is a visually-led guide to preparing a home environment that supports the development of children with Asperger syndrome. From a bedroom light switch that the child can easily reach, to a tucked-away safe place that he or she can retreat to when feeling overwhelmed or anxious, small changes in the home can boost the child’s self-confidence, independence, comfort and life skills. Award-winning author Jennifer O'Toole gives readers a walk-through tour of the home, showing, room by room, how physical surroundings affect Asperkids and highlighting the learning opportunities in every space and object.

Beautifully presented with colour photographs throughout, this functional and fun book will win a place in the homes and hearts of all parents of children with Asperger syndrome.

Library Reference: 22
Parenting without Panic: A Pocket Support Group for Parents of Children and Teens on the Autism Spectrum (Asperger's Syndrome)
by
Brenda Dater

Average Goodreads Rating - 4.25/5

Ever wish that parenting a child or teen on the autism spectrum came with instant access to a support group?

Brenda Dater has provided parents with exactly that. In this book she draws on her extensive experience as a support group leader and parent of a child on the spectrum to offer trusted advice and tried-and-tested solutions to parents' top concerns, all in an accessible and easy-to-read format. Filled with the voices of other parents in the same situation, the book covers everything from the first steps to take after diagnosis, to advocacy and disclosure, behaviour, building independence and resilience, making friends, holidays and vacations, homework, supporting siblings, how to garner support from extended family and friends, and how parents can look after their own wellbeing.

This book extends the vital lifeline of a support group to parents of children and teens on the autism spectrum everywhere.

Library Reference: 23

100 Questions & Answers about Your Child's Depression or Bipolar Disorder
by
Linda Chokroverty

Average Goodreads Rating - 4.0/5

Over 2 million children of all ages suffer from depression, ranging from mild and chronic to significant impairment, which can present a huge challenge to parents and other loved ones. 100 Questions & Answers About Your Child's Depression or Bipolar Disorder provides authoritative, practical answers to the most common questions posed by parents of kids with depression, suspected depression, or bipolar disorder. This book includes expert advice on highly controversial subjects including use of medication in children and adolescents, suicide, and other issues of acute importance to parents.

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<tr>
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<tbody>
<tr>
<td>Can I tell you about OCD?: A guide for friends, family and professionals</td>
<td>Amita Jassi</td>
<td>3.67/5</td>
<td>Meet Katie - a teenager with Obsessive Compulsive Disorder (OCD). Katie invites readers to learn about OCD from her perspective, helping them to understand what it is, how her obsessions and compulsions affect her daily life, and how people around her can help. With illustrations throughout, this will be an ideal introduction to OCD for both young people and older readers. It shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home.</td>
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<tr>
<td>TOAST: Autism in the Early Years</td>
<td>Alice Boardman</td>
<td>4.29/5</td>
<td>What would you ask a parent who has lived through the rollercoaster of the early years of autism? What does my child have autism? Will my child speak? How do I improve my child’s diet? What is the best school for my special needs child? How do you cope? These are questions Alice wanted to ask when both her sons were diagnosed on the autistic spectrum. Feeling alone, feeling lost, Alice set out to find the answers. This book brings the real-life experience of the early years of autism together in an easy-to-read question and answer style, that any parent, carer or professional supporting a child with autism needs to know. This is not a textbook. This is real life.</td>
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Motivate to Communicate!: 300 Games and Activities for Your Child with Autism
by
Simone Griffin

Average Goodreads Rating - 3.83/5

This practical resource is brimming with exciting ideas and guidance for motivating children with autism and other communication difficulties. The clear, user-friendly format enables quick access to over 300 practical, fun-filled games and activities for developing your child's communication skills.

The book suggests creative ways to use everyday toys and objects. For example, if your child likes to pop bubbles, perhaps he would also enjoy counting bubbles, catching bubbles on a wand, stomping them with his feet or even playing bubble volleyball! The innovative ideas in this book have been developed over 40 years of clinical and educational experience and are designed to be fun for both the adult and the child. All resources mentioned in this book are readily available and can be used to advance communication skills at all levels, from reaching out for an item, to extending verbal communication.

Motivate to Communicate! is perfect for supporting parents, care-givers and professionals in motivating and developing the communication skills of children on the autism spectrum.

Library Reference: 27

**AUTISTIC AUTHOR**

Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life
by
Cynthia Kim

Average Goodreads Rating - 4.41/5

Cynthia Kim explores all the quirkiness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide looking from an insider perspective at some of the most challenging and intractable aspects of being autistic. Her own life presents many rich examples. From being labelled nerdy and shy as an undiagnosed child to redefining herself when diagnosed with Asperger Syndrome as an adult, she describes how her perspective shifted to understanding a previously confusing world and combines this with the results of extensive research to explore the 'why' of ASD traits. She explains how they impact on everything from self-care to holding down a job and offers typically practical and creative strategies to help manage them, including a section on the vestibular, sensory and social benefits of martial arts for people with autism.

Well known in the autism community and beyond for her popular blog, Musings of an Aspie, Cynthia Kim's book is rich with personal anecdotes and useful advice. This intelligent insider guide will help adults with ASDs and their partners, family members, friends, and colleagues, but it also provides a fresh and witty window onto a different worldview.

Library Reference: 28
### Everyday Activities to Help Your Young Child with Autism Live Life to the Full: Simple Exercises to Boost Functional Skills, Sensory Processing, Coordination and Self-Care

_by Debra S. Jacobs_

*Average Goodreads Rating - 4.0/5*

Does your child struggle with brushing their teeth? Is it difficult to get them dressed and undressed each day? Do they struggle to understand their body’s relationship to the world?

This book is brimming with simple ideas, activities and exercises to address these daily challenges that young children with autism face. Easy to carry out and to fit into your routines, they will help improve a child’s sense of body awareness, coordination and motor skills, and address key tasks such as eating meals and healthy sleep. There are also ideas for tackling social challenges, including playing with friends, going on holiday and staying calm at school. The final chapter of the book explains the different support professionals parents of a child with autism are likely to encounter and how each can help their child.

This jargon-free book shows how occupational therapy techniques can be used to help your young child with autism to live life to the full, and will be an essential tool for parents and carers.

**Library Reference: 29**

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### Your Special Grandchild: A Book for Grandparents of Children Diagnosed with Asperger Syndrome (Asperger Syndrome After the Diagnosis)

_by Josie Santomauro, Carla Marino (Illustrator)_

*Average Goodreads Rating - 4.0/5*

So your grandchild has Asperger Syndrome (AS)? You might have noticed that some of his behaviour is a bit different to most kids, that he becomes stressed when faced with change and he doesn’t cope well with criticism or failure'.

This book offers a fun and accessible introduction for the grandparent of a child diagnosed with AS.

Intended as a support tool in the initial period after diagnosis, Your Special Grandchild is varied and engaging, and addresses questions or concerns that grandparents might have, such as ‘What are the characteristics of AS’, ‘How did my grandchild get AS’ and ‘What happens now’. Also included are poems, stories, illustrations and activities to help grandparents come to terms with and move forward from a diagnosis of AS, and work together with the family to support the child.

Your Special Grandchild will be essential reading for grandparents of children in the initial period after a diagnosis of AS.
Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World
by
Sharon Heller

Average Goodreads Rating - 3.89/5

In the publishing tradition of *Driven to Distraction* or *The Boy Who Couldn't Stop Washing*, this prescriptive book by a developmental psychologist and sufferer of Sensory Defensive Disorder (SD) sheds light on a little known but common affliction in which sufferers react to harmless stimuli as irritating, distracting or dangerous.

We all know what it feels like to be irritated by loud music, accosted by lights that are too bright, or overwhelmed by a world that moves too quickly. But millions of people suffer from Sensory Defensive Disorder (SD), a common affliction in which people react to harmless stimuli not just as a distracting hindrance, but a potentially dangerous threat. Sharon Heller, Ph.D. is not only a trained psychologist, she is sensory defensive herself. Bringing both personal and professional perspectives, Dr. Heller is the ideal person to tell the world about this problem that will only increase as technology and processed environments take over our lives. In addition to heightening public awareness of this prevalent issue, Dr. Heller provides tools and therapies for alleviating and, in some cases, even eliminating defensiveness altogether.

Until now, the treatment for sensory defensiveness has been successfully implemented in Learning Disabled children in whom defensiveness tends to be extreme. However, the disorder has generally been unidentified in adults who think they are either overstimulated, stressed, weird, or crazy. These sensory defensive sufferers live out their lives stressed and unhappy, never knowing why or what they can do about it. Now, with *Too Loud, Too Bright, Too Fast, Too Tight*, they have a compassionate spokesperson and a solution-oriented book of advice.
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<th>Title</th>
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<tbody>
<tr>
<td>Raising a Sensory Smart Child: The Definitive Handbook for Helping</td>
<td>Lindsey Biel, Nancy Peske</td>
<td>4.17/5</td>
<td>Children with Sensory Integration (SI) Dysfunction—a condition that does not allow the body to properly process sensations—often display delayed motor, speech, and social skills. Now as awareness of this condition reaches an all-time high, this comprehensive guidebook offers cutting-edge advice to parents of SI children. Written by an occupational therapist and a parent with a child with SI dysfunction, “Raising a Sensory Smart Child” makes it easy for readers to recognize and understand their child’s sensory issues and to find the best treatment for their child’s needs.</td>
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<td>Your Child with Sensory Integration Issues</td>
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<td>Library Reference: 32</td>
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<tr>
<td>Ready, Set, Potty!: Toilet Training for Children with Autism and</td>
<td>Brenda M. Batts</td>
<td>3.48/5</td>
<td>Potty training a child with developmental disorders can be a real challenge, and sometimes the extra difficulties make you feel as though you’ve tried everything and failed. In this book, Brenda Batts shows how you can overcome problems, big and small, and provides tried and tested methods that really work, tailored to each individual child.</td>
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<td>Other Developmental Disorders</td>
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<td>Bursting with ideas on how to see past conventional strategies and adapt toilet training to suit your child, this book outlines methods that have helped even the most despairing of parents and caregivers. Examples of success stories range from two-year-olds to adults aged 20 and show that no matter how difficult it may seem, a little creativity and adaptation can get anyone toilet trained, however many previous attempts have failed. The program itself is supported by plenty of helpful hints and tips, as Brenda covers all you need to get your child past the diaper stage and help them to achieve a big step towards independence.</td>
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<td>This book is a must for anybody looking to toilet train someone with developmental disorders.</td>
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<td>Library Reference: 33 &amp; 253</td>
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My Child Has Autism, Now What?: 10 Steps to Get You Started
by
Susan Larson Kidd

Average Goodreads Rating - 3.43/5

"Your child has autism"-four small words with the power to leave parents feeling helpless, overwhelmed, and confused. This concise, no-nonsense book will enable parents to regain control of the situation and take the first practical steps towards a calm and happy life with their newly-diagnosed child.

Dr. Larson Kidd's approach draws from the vast amount of information available on parenting a child with autism and distils it into ten manageable steps. It covers the key aspects of life with a child on the autism spectrum, including the basics such as sleeping, eating, and toileting, through adapting the home, creating routines, and exploring therapy. Ready-to-implement strategies are outlined simply and clearly and are firmly grounded in the author's extensive experience of supporting children with autism.

This practical book will be essential and empowering reading for every parent whose child has recently been diagnosed with autism or for parents still struggling with where to begin to help their child.

Library Reference: 34

A Beginner's Guide to Autism Spectrum Disorders: Essential Information for Parents and Professionals
by
Paul G. Taylor

Average Goodreads Rating - 3.95/5

What is Autism Spectrum Disorder? What does a diagnosis of ASD mean for the child and for you? How can you learn to fully understand behaviours common to ASD and help the child grow and prosper?

This short introduction is an ideal starting point for anyone encountering ASD for the first time. The book covers all of the essential information needed to ground an understanding of the condition and offers effective practical strategies for assisting children who are living with ASD. It advocates putting aside conventional thinking and considering things from a different perspective – the way that the child with ASD sees the world.

This concise and straight-talking guide to ASD will ensure parents, carers, teachers and other professionals feel confident, informed and able to cope with the road ahead.

Library Reference: 35
**How to Help Your Autistic Spectrum Child**

by

Jackie Brealy, Beverly Davies

Average Goodreads Rating - 3.67/5

Over half a million people in Britain are somewhere on the Autistic Spectrum, which ranges from severe autism to Asperger's syndrome. It can be devastating to discover that your child has an ASD (autistic spectrum disorder), and even tougher helping them to cope with life. Many books will tell you the latest theories about what causes ASD, but what you really want to know is how to get a decent night’s sleep, or stop your child flapping their arms, or find some time for your other children. Jackie Brealy understands the problems from both a parent's and a teacher's perspective. She was concerned at the lack of down-to-earth, practical help for parents, so she teamed up with journalist, Beverly Davies to write “How to Help Your Autistic Spectrum Child.”

Together with input from Matt and other parents of ASD children, Jackie and Bev have written this totally practical guide to help parents with all those day-to-day problems that make life so tough for them and their ASD child.

**Library Reference: 36**

**IT'S RAINING CATS AND DOGS**

by

Michael Barton

Average Goodreads Rating - 4.1/5

The English language can be extremely confusing and illogical, especially for people with an autism spectrum disorder (ASD) who interpret meaning in a very literal way. Why should an announcement that cats and dogs are falling from the sky indicate heavy rain? And what have chickens got to do with being a coward?

It's Raining Cats and Dogs is a witty and stylish insight into the mind of someone with an ASD. It beautifully illustrates why people with ASDs have problems understanding common phrases and idioms that others accept unquestioningly as part of everyday speech. The quirky drawings will entertain and inspire those on the spectrum, giving them the confidence to recognise figures of speech, feel less alienated and even use idioms themselves.

The drawings will form instantly memorable references for those with ASDs to recall whenever they need to and will be helpful for anyone curious to understand the ASD way of thinking. They will enable people on the spectrum and their friends, families, teachers and colleagues to better understand and communicate with each other.
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<th>Library Reference: 38 &amp; 154</th>
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<tr>
<td><strong>Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)</strong></td>
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<tr>
<td>by</td>
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<tr>
<td>Eline Snel, Jon Kabat-Zinn (Foreword), Myla Kabat-Zinn (Narrator)</td>
</tr>
<tr>
<td>Average Goodreads Rating - 4.13/5</td>
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<tr>
<td>Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.</td>
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<tr>
<td>Includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn.</td>
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<tr>
<td>Mindfulness—the quality of attention that combines full awareness with acceptance of each moment, just as it is—is gaining broad acceptance among mental health professionals as an adjunct to treatment. This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The book contains eleven practices that focus on just these scenarios, along with short examples and anecdotes throughout. Included with purchase is an audio CD with guided meditations, voiced by Myla Kabat-Zinn, who along with her husband, Jon Kabat-Zinn, popularized mindfulness-based stress reduction (MBSR) as a therapeutic approach.</td>
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<tr>
<th>Library Reference: 39</th>
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<tbody>
<tr>
<td><strong>Adhd Autism, Dyslexia And Dyspraxia</strong></td>
</tr>
<tr>
<td>by</td>
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<tr>
<td>Colin Terrell</td>
</tr>
<tr>
<td>Average Goodreads Rating - 3.67/5</td>
</tr>
<tr>
<td>Designed and written specifically for the general reader, the books in this series provide essential reading for sufferers and those who seek to understand and support them. This title focuses on ADHD, autism, dyslexia and dyspraxia.</td>
</tr>
</tbody>
</table>

| Library Reference: 40  |
The SPECIAL PARENT’S Handbook
by
Yvonne Newbold

Average Goodreads Rating - 5.0/5

Has your child been diagnosed with any form of SEN or disability, autism or a serious illness? Are you facing uphill struggles to get the right support, the appropriate level of care and the best education for your child? Having a disabled child in the family changes everything. Too often, family life can revolve around battles with the authorities to get essential support and equipment, parents find themselves swamped in layer upon layer of bureaucracy and administration, dates for meetings, appointments and therapies fill the diary up months in advance, and it can all be frighteningly overwhelming. Most importantly, your child is probably much more vulnerable than most, so you are likely to be spending a lot of your time worried out of your mind and the extra care they may need can be exhausting.

If you’re looking for a book that will somehow make everything easier and more doable, then “The Special Parent’s Handbook” is a “must-read”.

Yvonne Newbold, the author, has three disabled children, and has had to face long term serious illnesses with them too. In this book, Yvonne passes on everything she learnt along the way so that you can learn how to do it better much more quickly than she managed. It’s packed with tips, tricks and strategies to get you and your family through even the worst of times and out the other side ready to laugh at life again.

Library Reference: 41

**AUTISTIC AUTHOR**

Emergence: Labelled Autistic
by
Temple Grandin, Margaret M. Scariano

Average Goodreads Rating - 4.08/5

An inspiring first-hand account of a courageous and determined autistic woman who makes a remarkable discovery that eventually helps her control her condition and virtually cure her disorder captures the isolation and fears suffered by autistic children.

Library Reference: 42
Helping Adults with Asperger's Syndrome Get Stay Hired: Career Coaching Strategies for Professionals and Parents of Adults on the Autism Spectrum

by

Barbara Bissonnette

Average Goodreads Rating - 3.93/5

Employment expert Barbara Bissonnette provides strategies that professionals and parents need to guide individuals with Asperger's Syndrome (Autism Spectrum Disorder) to manageable jobs and keep them employed.

With tried-and-tested advice, assessment tools, and in-depth profiles of actual coaching clients and innovative companies that are utilizing the specialized skills of people with Asperger's, this book shows the way to a brighter employment future for those on the autism spectrum.

Library Reference: 43

Social Skills for Teenagers and Adults with Asperger Syndrome: A Practical Guide to Day-to-Day Life

by

Nancy J. Patrick

Average Goodreads Rating - 3.62/5

This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community.

The author offers advice and useful strategies for tackling day-to-day problems such as visits to the dentist or the doctor, searching for a job, sorting out personal finances, going on vacation, and dealing with public transport, as well as more intimate topics such as dating and acquiring and maintaining friendships. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions. A final section provides a set of practical self-help tools, which encourage the reader to note down answers to the questions posed and record personal reflections.

This accessible guide will be essential reading for teenagers and adults with Asperger Syndrome and their families, teachers, therapists, counsellors, carers, social and health work professionals.

Library Reference: 44
**AUTISTIC AUTHOR**

**Older Adults and Autism Spectrum Conditions: An Introduction and Guide**

by

Wenn Lawson, Carol Povey (Foreword)

Average Goodreads Rating - 4.17 /5

The first book to look seriously at the practical issues facing older adults with autism spectrum conditions (ASC), Wenn Lawson's ground-breaking handbook offers support, advice, and sensible ways in which to look at the issues.

Informed by current research, interviews with older people diagnosed with ASC and his own experience, the author covers a multitude of issues including dealing with transitions and changes to routine, communicating an individual’s particular needs and wishes to care home staff, the social and financial impact of retirement, mental health, and sensory and physical changes and challenges.

Older people with ASC and their family and friends, as well as the professionals supporting them, will find this an indispensable and accessible book.

**Library Reference: 45**

**Mindfulness for Dummies**

by

Shamash Alidina

Average Goodreads Rating - 3.91/5

How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind. A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness—from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia.

Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines. Includes an audio CD featuring narrated meditations and exercises. Introducing you to a new and powerful form of meditation therapy, *Mindfulness For Dummies* outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health.

**Library Reference: 46**
Understanding Autism for Dummies
by
Stephen M. Shore, Linda G. Rastelli, Temple Grandin (Foreword by)

Average Goodreads Rating - 3.98/5

Autism affects more than 1 million children and adults in the United States, and parents may be confused by the behaviour of autistic children. This book provides help and hope by explaining the differences between various types of autism and delivering the lowdown on behavioural, educational, medical, other interventions. Featuring inspiring autism success stories as well as a list of organizations where people who support those with autism can go for additional help, it offers practical advice on how to educate children as well as insights on helping people with autism use their strengths to maximize their potential in life.

Library Reference: 47 & 48

Asperger's Syndrome for Dummies
by
Gina Gómez de la Cuesta, James Mason

Average Goodreads Rating - 4.13/5

"Asperger’s Syndrome For Dummies" covers everything that both people living with the condition and their families need to know. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide to surviving and thriving with the condition.

Library Reference: 49

I am Special: Introducing Children and Young People to their Autistic Spectrum Disorder
by
Peter Vermeulen

Average Goodreads Rating - 4.3/5

I am Special is a workbook developed by Peter Vermeulen and already used extensively with young people with autism spectrum disorder. The workbook is designed for a child to work through with an adult - parent, teacher or other professional. Unlike other books, its content and layout are devised especially for children who read, think and process information differently.

I am Special can be used with young people over the age of ten years. Not only is it an excellent source of information for the autistic child; it can be the first step in a process of counselling or psychotherapy or the springboard for a discussion group on autism.
Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People
by
Kate Collins-Donnelly

Average Goodreads Rating - 4.27/5

The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away.

Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive-compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety.

Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals
by
Phil Christie, Margaret Duncan, Ruth Fidler, Zara Healy

Average Goodreads Rating - 4.27/5

Pathological Demand Avoidance Syndrome (PDA) is a developmental disorder that is being increasingly recognised as part of the autism spectrum. The main characteristic is a continued resistance to the ordinary demands of life through strategies of social manipulation, which originates from an anxiety-driven need to be in control.

This straightforward guide is written collaboratively by professionals and parents to give a complete overview of PDA. Starting with an exploration into the syndrome, it goes on to answer the immediate questions triggered when a child is first diagnosed and uses case examples throughout to illustrate the impact of the condition on different areas of the child’s life. Early intervention options and workable strategies for managing PDA positively will make day-to-day life easier for the child, their family and peers. New problems faced in the teenage years and how to assist a successful transition from adolescence to adulthood are also tackled. The book concludes with a valuable resources list.
Full of helpful guidance and support, this user-friendly introductory handbook is essential reading for families, carers and anyone who knows a child with PDA.

**Library Reference: 52**

**Understanding Fragile X Syndrome: A Guide for Families and Professionals**

by

Isabel Fernández Carvajal

Average Goodreads Rating - 4.25/5

Fragile X syndrome is one of the main causes of child developmental delay and autism spectrum disorders. A permutated form of the same gene is also the basis for neurological disabilities in adults. This book breaks down the complex science of this genetic disorder and provides the facts and advice that every bewildered parent or professional needs to support individuals with Fragile X syndrome.

This is a straightforward introduction that clearly explains the condition on both a scientific and practical level. With sections on diagnosis, symptoms and treatment, as well as discussions of various emotional and behavioural considerations, this guide covers all aspects of Fragile X syndrome, its implications, and the possibilities open to families affected by it. It demonstrates how, with the right therapies, progress can be made and emphasises how music can be used effectively to promote communication, interaction, fine motor skills and responsiveness in children with the condition.

This is an essential reference tool for families of individuals with Fragile X syndrome, as well as therapists and healthcare professionals who are unfamiliar with the condition and are looking to find out more.

**Library Reference: 53**

**Mind/Body Techniques for Asperger's Syndrome: The Way of the Pathfinder**

by

Ron Rubio

Average Goodreads Rating - 3.4/5

People with Asperger's Syndrome (AS) typically experience difficulty with balance, coordination and sensory awareness. The mind/body exercises in this book help young people with AS improve these skills, leading to greater self-confidence, and independence.

Easy to use, with photographs to show how exercises are done correctly, these techniques can have an immediate effect on how an individual stands, sits, moves, thinks of him- or herself, and relates to others. The author's approach integrates ideas
and practices from disciplines including martial arts, Eastern principles of mindfulness, techniques of visualization, breathing, posture, and movement, and the practice of mentoring.

Library Reference: 54

**Personal Hygiene? What's that Got to Do with Me?**
by
Pat Crissey, Noah Crissey (Illustrator)

Average Goodreads Rating - 3.89/5

Personal Hygiene? What's that Got to Do with Me? is a curriculum developed for students with autism, Asperger's Syndrome, learning and developmental disabilities, designed to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Simple factual information is accompanied by humorous cartoons that emphasize how others view someone with poor hygiene. Step-by-step cartoons explain exactly what the student needs to do to ensure good hygiene. Quizzes and activity pages provide numerous opportunities for repetition and reinforcement of the key points. There are also hands-on activities to demonstrate why and how to perform various hygiene tasks. Several social stories are also provided, along with a set of worksheets that help students set up a daily schedule to allow time for completing necessary hygiene tasks.

Library Reference: 55

**Usborne Facts of Life Growing Up (Facts of Life Series)**
by
Susan Meredith

Average Goodreads Rating - 4.24/5

Reassuring practical advice and information for adolescents on important aspects of the human body

Library Reference: 56 & 80

**All Cats Have Asperger Syndrome**
by
Kathy Hoopmann

Average Goodreads Rating - 4.22/5

All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS.

Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating
### Helping Children with Autism Spectrum Conditions through Everyday Transitions: Small Changes - Big Challenges

**by**

John Smith, Jane Donlan, Bob Smith

**Average Goodreads Rating** - 4.33/5

Facing any type of change can cause confusion and anxiety for individuals with autism spectrum conditions. This book looks at the small transitions in everyday life that can be a big deal for a child with autism and offers simple and effective strategies to make change less of a daily challenge.

Explaining why seemingly minor changes to routine can be emotionally distressing for children with autism, this book teaches parents practical solutions for coping with common transitions including switching from a weekday to weekend schedule, the changing of the seasons, and sleeping in a different bed when on holiday. With insights from the authors’ personal experiences and helpful scripts, signs and sketches to use along the way, this book shows that with planning and preparation parents can reduce the stress surrounding change for their child and the whole family.

This book is the perfect tool to help children with autism deal with change in a calmer and more confident manner and will be essential reading for parents and any professionals working alongside them.

**Library Reference:** 57 & 242

### The ASD Workbook: Understanding Your Autism Spectrum Disorder

**by**

Penny Kershaw

**Average Goodreads Rating** - 3.67/5

A diagnosis of an Autism Spectrum Disorder (ASD) can be confusing and overwhelming for all involved, and it can be difficult for parents to know how best to approach the subject with their child. This easy-to-use interactive workbook gives parents the help they need to explain ASDs to their child and provide practical and emotional support following diagnosis.

Parents are invited to work through each chapter with their child as they grow older and go through adolescence, encouraging them to talk through how the ASD affects each area of their life, from making friends to problem-solving to planning a career. The information and advice is presented in a clear and positive way to help both parent and child understand more about what the diagnosis means for them. As the workbook is completed an invaluable record of development will be created for parent and child to look back on together.

**Library Reference:** 58
This hands-on workbook is an essential resource for parents and carers looking for guidance on explaining ASDs from diagnosis onwards to children aged 10 and up.

**Library Reference: 59**

**A Guide to Potty Training**

by

Caroline Young, Felicity Brooks (Editor), Shelagh McNicholas (Illustrator), Ruth Russell (Illustrator)

Average Goodreads Rating - 3.5/5

Potty-training a toddler is not always straightforward, but this easy-to-use guide takes you through every step with tried and tested methods suitable for boys and girls. There's also advice on how to tackle any problems you may meet along the way so you can get your child potty-trained with the least mess and stress possible.

**Library Reference: 60**

**My Family is Different: A Workbook for Children with a Brother or Sister Who Has Autism or Asperger Syndrome**

by

Carolyn Brock, Jess Abbo (Illustrator), Steve Lockett (Illustrator)

Average Goodreads Rating - 4.0/5

**Library Reference: 61**

**Asperger's in Pink: Pearls of Wisdom from inside the Bubble of Raising a Child with Asperger's**

by

Julie Clark, Rudy Simone (Foreword)

Average Goodreads Rating - 3.6/5

Congratulations! It's a girl ... with Asperger's! Join author and mom Julie Clark as she guides you through her family’s adventures raising a young child with Asperger’s Syndrome, a mild form of autism. Whether you have a boy or a girl with Asperger’s in your life, you’ll nod and smile as you turn each invaluable page of real-life challenges and solutions. On the way, you’ll be delighted and intrigued by candid commentary from her daughter Kristina, whose spirit and perseverance outweigh any obstacle she may face. Teeming with wisdom and wit, this book has much to offer parents as well as educators and professionals. Together, you’ll explore:

- The Road to Diagnosis
- The Teacher Who “Gets It”
- Occupational Therapy and “Group”
- Tuning in to Social Signals
- Winning the Daily Battles
- Hope for the Future
- And more!

**Library Reference: 62**
Why Do We Eat?
(Beginners Series)
by
Stephanie Turnbull

Average Goodreads Rating - 4.17/5

Why do you need food and what happens to it inside your body? Which foods give you energy and which ones make you fit and strong? In this book you can explore your amazing insides and discover all kinds of fantastic food facts.

Library Reference: 63

George and Sam
by
Charlotte Moore, Nick Hornby (Foreword by)

Average Goodreads Rating - 3.99/5

For the parents, families, and friends of the 1 in 250 autistic children born annually in the United States, George and Sam provides a unique look into the life of the autistic child.

Charlotte Moore has three children, George, Sam, and Jake. George and Sam are autistic. George and Sam takes the reader from the births of each of the two boys, along the painstaking path to diagnosis, interventions, schooling and more. She writes powerfully about her family and her sons, and allows readers to see the boys behind the label of autism. Their often-puzzling behaviour, unusual food aversions, and the different ways that autism effects George and Sam lend deeper insight into this confounding disorder.

Library Reference: 64

LEGO®-Based Therapy: How to Build Social Competence Through LEGO-Based Clubs for Children with Autism and Related Conditions
by
Daniel B. Legoff, Georgina Gómez de la Cuesta, Gina Gómez de la Cuesta, G.W. Krauss, Simon Baron-Cohen

Average Goodreads Rating - 4.26/5

This complete guide to LEGO® Therapy contains everything you need to know in order to set up and run a LEGO® Club for children with autism spectrum disorders or related social communication difficulties and anxiety conditions.

By providing a joint interest and goal, LEGO® building can become a medium for social development such as sharing, turn-taking, making eye-contact, and following
social rules. This book outlines the theory and research base of the approach and gives advice on all practical considerations including space, the physical layout of the room and choosing and maintaining materials, as well as strategies for managing behaviour, further skill development, and how to assess progress.

**Library Reference: 65 & 243**

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<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Average Goodreads Rating</th>
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<tbody>
<tr>
<td><strong>Can I tell you about Asperger Syndrome?: A guide for friends and family</strong></td>
<td>Jude Welton</td>
<td>4.18/5</td>
</tr>
<tr>
<td>Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. He helps children understand the difficulties faced by a child with AS - he tells them what AS is, what it feels like to have AS and how they can help children with AS by understanding their differences and appreciating their many talents. This illustrated book is ideally suited for boys and girls between 7 and 15 years old and also serves as an excellent starting point for family and classroom discussions.</td>
<td><strong>Library Reference: 66</strong></td>
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<tr>
<th>Title</th>
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<tr>
<td><strong>Can I tell you about ADHD?: A guide for friends, family and professionals</strong></td>
<td>Susan Yarney</td>
<td>3.95/5</td>
</tr>
<tr>
<td>Meet Ben - a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels. Ben explains how he was diagnosed and what he has learnt about ways to relieve his ADHD symptoms, and how friends and adults can help at home and school. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with children with ADHD. It is also an excellent starting point for family and classroom discussions.</td>
<td><strong>Library Reference: 67</strong></td>
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Can I tell you about Anxiety?: A guide for friends, family and professionals
by
Lucy Willetts, Polly Waite, Kaiyee Tay (Illustrations)

Average Goodreads Rating - 4.0/5

Meet Megan - a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help.

With illustrations throughout, this will be an ideal way to explore anxiety difficulties. It shows family, friends and teachers how they can support someone who experiences anxiety and will be an excellent way to start a conversation about anxiety, in the classroom or at home. Suitable for readers aged 7 upwards.

Library Reference: 68

Can I tell you about Dyspraxia?: A guide for friends, family and professionals
by
Maureen Boon, Imogen Hallam (Illustrations)

Average Goodreads Rating - 4.25/5

Meet Marco - a boy with dyspraxia, which is sometimes called Developmental Coordination Disorder (DCD). Marco invites readers to learn about dyspraxia from his perspective, helping them to understand what it is and what it feels like when he sometimes struggles to control his movement and co-ordination. He talks about the challenges of having dyspraxia and lets readers know how he can be helped and supported.

This illustrated book will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with children with dyspraxia. It is also an excellent starting point for family and classroom discussions.

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<tr>
<th>Title</th>
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<tr>
<td>Starving the Anger Gremlin: Anger Management for Young People</td>
<td>Kate Collins-Donnelly</td>
<td>3.33/5</td>
<td>Need help with your anger? Well this book is for you Starving the Anger Gremlin will show you how to understand and control your anger using fun and interesting activities. Starving the Anger Gremlin is a ground-breaking activity-based self-help book aimed directly at young people. This innovative anger management programme is based successfully on principles of cognitive behavioural therapy and is a highly effective tool for young people to work through, either on their own or with the assistance of a parent or practitioner. The anger management programme contained in this book has been tried and tested with many young people in one-to-one therapeutic sessions, as a self-help tool and in group training programmes. Starving the Anger Gremlin is easy to read and is full of relevant examples and real-life stories. “The Anger Gremlin has changed my life” James, 15 years of age</td>
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<tr>
<td>My Autism Alphabet</td>
<td>Autism West Midlands</td>
<td>Not on Goodreads</td>
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<tr>
<td>What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions</td>
<td>Kate E. Reynolds, Jonathon Powell (Illustrations)</td>
<td>4.41/5</td>
<td>Tom notices that his body is changing. Tom's voice is different and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man. Following Tom as he begins to notice changes to his body, this simple resource helps parents and carers teach boys with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book</td>
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provides the perfect opportunity to talk about puberty with boys and young men with autism or special needs.

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<tr>
<th><strong>Things Tom Likes: A book about sexuality and masturbation for boys and young men with autism and related conditions</strong></th>
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<tbody>
<tr>
<td>by Kate E. Reynolds, Jonathon Powell (Illustrations)</td>
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<tr>
<td>Average Goodreads Rating - 3.68/5</td>
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<tr>
<td>Tom likes lots of different things. He likes singing and watching TV in the family room. There are also things that Tom enjoys doing in private, like touching his penis.</td>
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<tr>
<td>This accessible and positive resource helps parents and carers teach boys with autism or other special needs about masturbation. It covers when and where it is appropriate and helps to establish boundaries surrounding privacy more generally. With simple but explicit illustrations, this book provides the perfect platform to talk about sexuality with boys and young men with autism or special needs.</td>
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<tr>
<th><strong>Tom Needs to Go: A book about how to use public toilets safely for boys and young men with autism and related conditions</strong></th>
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<tbody>
<tr>
<td>by Kate E. Reynolds, Jonathon Powell (Illustrations)</td>
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<tr>
<td>Average Goodreads Rating - 3.5/4</td>
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<tr>
<td>When Tom is out shopping, he needs to go to the toilet. Tom knows that public toilets are different to his toilet at home. There are urinals and cubicles and he has to decide which to use.</td>
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<tr>
<td>This visual resource helps parents and carers teach boys and young men with autism or other special needs about how to use public toilets safely. It covers the subtleties of social etiquette including where to stand and look, as well as practicalities such as remembering to lock the cubicle door. With simple and effective illustrations throughout, the book is the perfect starting point for teaching independence when using public toilets.</td>
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<tr>
<td><strong>Ellie Needs to Go: A book about how to use public toilets safely for girls and young women with autism and related conditions</strong></td>
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<tr>
<td><strong>Library Reference: 75</strong></td>
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<tr>
<td><strong>What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions</strong></td>
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<tr>
<td><strong>Library Reference: 76</strong></td>
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### The Asperkid’s (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome

**by**

Jennifer Cook O'Toole

Average Goodreads Rating: 4.12/5

Being a teen or tween isn’t easy for anyone but it can be especially tough for Asperkids. Jennifer O'Toole knows; she was one! This book is a top-secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome.

The Asperkid’s (Secret) Book of Social Rules offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic strip practice sessions, this is the handbook that every adult Aspie wishes they’d had growing up.

Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules in bite-sized chunks that older children will enjoy, understand, and most importantly use daily to navigate the mysterious world around them.

**Library Reference: 77 & 78**

**AUTISTIC AUTHOR**

### Standing Down Falling Up: Asperger's Syndrome from the Inside Out

**by**

Nita Jackson

Average Goodreads Rating: 3.33/5

The author enables parents and professionals to see inside an Asperger mind. Interwoven into the text is some sound advice about the best ways of helping individuals with the syndrome. This includes some helpful ‘recommendations for teaching’ Asperger students, with an attached list of ‘things teachers should know’. Throughout, there are poignant reminders of the author’s vulnerability and the cruelty of some of her acquaintances’-

**Library Reference: 79**
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<tr>
<th>Title</th>
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<tr>
<td>What's Happening to Me? (Girls Edition)</td>
<td>Susan Meredith</td>
<td>- 4.28/5</td>
</tr>
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</table>


by

Elizabeth Verdick, Elizabeth Reeve

Average Goodreads Rating - 4.27/5

This positive, straightforward book offers kids with autism spectrum disorders (ASD) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.

Some children with ASD are gifted; others struggle academically. Some are more introverted, while others try to be social. Some get “stuck” on things, have limited interests, or experience repeated motor movements like flapping or pacing (“stims”). *The Survival Guide for Kids with Autism Spectrum Disorders* covers all of these areas, with an emphasis on helping children gain new self-understanding and self-acceptance.

Meant to be read with a parent, the book addresses questions (“What is ASD?” “Why me?”) and provides strategies for communicating, making and keeping friends, and succeeding in school. Body and brain basics highlight symptom management, exercise, diet, hygiene, relaxation, sleep, and toileting. Emphasis is placed on helping kids handle intense emotions and behaviours and get support from family and their team of helpers when needed. The book includes stories from real kids, fact boxes, helpful checklists, and resources. Sections for parents offer additional information.

**Library Reference:** 81

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**What's Happening to Me? (Girls Edition)**

by

Susan Meredith

Average Goodreads Rating - 4.28/5

Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy-to-understand way, and it explains some of your feelings too all you need to know for this important time in your life.

**Library Reference:** 82 & 83
**AUTISTIC AUTHOR**

A Different Kettle of Fish: A Day in the Life of a Physics Student with Autism
by
Michael Barton

Average Goodreads Rating - 4.0/5

“I’m looking at the Solar System display when I hear a child close by shouting at his mum, to which she replies, ‘No need to bite my head off!’ I’ve heard of laughing your head off (to laugh a lot) and even biting your tongue (to be quiet) but biting someone’s head off puts a rather more vivid picture into my mind!”

During a trip to London, taking in tube announcements, guitar shops, and the Science Museum Michael Barton explores and explains the confusing “neurotypical” world of contradictory signage, hidden meanings and nonsensical figures of speech.

His quirky and comic illustrations bring to life the journey from the comfort of his familiar university surroundings into the hectic bustle of central London.

A fun and enlightening read for friends, family, caring professionals and anyone interested in an alternative viewpoint on the world. Sure to “strike a chord” with other day trippers on the autism spectrum.

Library Reference: 84 & 156

A Real Boy: How Autism Shattered Our Lives and Made a Family from the Pieces
by
Christopher Stevens, Nicola Stevens

Average Goodreads Rating - 4.34/5

David is a happy, healthy, and affectionate child, but he is also profoundly autistic. He is unable to speak more than a few words, barely capable of expressing his most basic needs, oblivious to danger and blind to other people’s emotions. This is the heart-wrenching story of bringing up a child who will always be a little boy and an account of both the heartbreak and the unexpected joy of autism. With raw and sometimes brutal honesty, Christopher and Nicola Stevens lay bare their experiences, which are by turns harrowing, funny, and inspirational. As David’s story unfolds, his parents reveal how the condition has both tested their limits, and helped to forge an unbreakable bond of love.

Library Reference: 85
A Friend Like Henry
by
Nuala Gardner

Average Goodreads Rating: 4.13/5

This is the inspiring account of a family's struggle to break into their son's autistic world - and how a dog made the real difference. Dale was still a baby when his parents realised that something wasn't right. Worried, his mother Nuala took him to see several doctors, before finally hearing the word 'autism' for the first time in a specialist's office. Scared but determined that Dale should live a fulfilling life, Nuala describes her despair at her son's condition, her struggle to prevent Dale being excluded from a 'normal' education and her sense of hopeless isolation. Dale's autism was severe and violent and family life was a daily battleground. But the Gardner's lives were transformed when they welcomed a gorgeous Golden Retriever into the family. The special bond between Dale and his dog Henry helped them to produce the breakthrough in Dale they had long sought. From taking a bath to saying, 'I love you', Henry helped introduce Dale to all the normal activities most parents take for granted, and set him on the road to being the charming and well-adjusted young man he is today. This is a heartrending and fascinating account of how one devoted and talented dog helped a little boy conquer his autism.

Library Reference: 86

The Curious Incident of the Dog in the Night-Time
by
Mark Haddon

Average Goodreads Rating - 3.86/5

Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the colour yellow.

Although gifted with a superbly logical brain, for fifteen-year-old Christopher everyday interactions and admonishments have little meaning. He lives on patterns, rules, and a diagram kept in his pocket. Then one day, a neighbour's dog, Wellington, is killed and his carefully constructive universe is threatened. Christopher sets out to solve the murder in the style of his favourite (logical) detective, Sherlock Holmes. What follows makes for a novel that is funny, poignant and fascinating in its portrayal of a person whose curse and blessing are a mind that perceives the world entirely literally.

Library Reference: 87 & 88
Baj and the Word Launcher: Space Age Asperger Adventures in Communication
by Pamela Victor

Average Goodreads Rating - 3.33/5

"Awwwesommme!" Anda whispered as Baj unfurled the cape.

This is an interesting combination of fiction and therapy... The device of using a science fiction story, which removes the action just that bit from the "earthling", is a good one, and children should respond very well to it. The style is slightly unusual in that it is aimed very specifically at children with AS. Feelings are discussed freely - necessary given the themes of the book. Baj has real family adventures, confrontations, successes and failures, and the book is positive and full of humour. It could be read by children from 7 upwards and could also be used with older pupils who have special needs.

Library Reference: 89

Of Mice and Aliens: An Asperger Adventure
by Kathy Hoopmann

Average Goodreads Rating - 3.97/5

The sequel to Blue Bottle Mystery, this is a science fiction novel for kids, with a difference. Ben is learning to cope with his newly diagnosed Asperger Syndrome, but when an alien crash-lands in his back yard, things really get complicated. The alien, Zeke, knows nothing about Earth's rules and norms and it is up to Ben and his friend Andy to help Zeke survive. The humorous parallels between the alien's inability to relate to humans and Ben's own idiosyncrasies highlight the difficulties Aspie kids face every day.

Of Mice and Aliens is not just another kids' book. As well as being a delightful read for anyone who loves adventure, it is a valuable teaching tool that demystifies children with Asperger's, justifying their individuality as valid and interesting.

Library Reference: 90 & 259
**AUTISTIC AUTHOR**

*Look Me in the Eye: My Life with Asperger's*
by
John Elder Robison (Goodreads Author)
Average Goodreads Rating - 3.91/5

Ever since he was small, John Robison had longed to connect with other people, but by the time he was a teenager, his odd habits—an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother in them)—had earned him the label “social deviant.”

It was not until he was forty that an insightful therapist told him he had the form of autism called Asperger’s syndrome. That understanding transformed the way Robison saw himself—and the world.

Look Me in the Eye is the moving, darkly funny story of growing up with Asperger’s at a time when the diagnosis simply didn’t exist. A born storyteller, Robison takes you inside the head of a boy whom teachers and other adults regarded as “defective,” who could not avail himself of KISS's endless supply of groupies, and who still has a peculiar aversion to using people’s given names (he calls his wife “Unit Two”). He also provides a fascinating reverse angle on the younger brother he left at the mercy of their nutty parents—the boy who would later change his name to Augusten Burroughs and write the bestselling memoir *Running with Scissors*.

Ultimately, this is the story of Robison’s journey from his world into ours, and his new life as a husband, father, and successful small business owner—repairing his beloved high-end automobiles. It’s a strange, sly, indelible account—sometimes alien, yet always deeply human.

**Library Reference: 91**

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**AUTISTIC AUTHOR**

*Aspergirls: Empowering Females with Asperger Syndrome*
by
Rudy Simone

Average Goodreads Rating - 3.97/5

Girls with Asperger’s Syndrome are less frequently diagnosed than boys, & even once symptoms have been recognized, help is often not readily available. The image of coping well presented by AS females can often mask difficulties, deficits, challenges, & loneliness.

**Library Reference: 92**
Blue Bottle Mystery: An Asperger Adventure
by
Kathy Hoopmann

Average Goodreads Rating - 3.71/5

This is a warm, fun-filled fantasy story for children with a difference: the hero is Ben, a boy with Asperger Syndrome. When Ben and his friend Andy find an old bottle in the school yard, they little realize the surprises about to be unleashed in their lives. Bound up with this exciting mystery is the story of how Ben is diagnosed with Asperger Syndrome and how he and his family deal with the problems and joys that come along.

Blue Bottle Mystery is a delight to read that is more than just another kid's book. For the first time, the issues and frustrations that a child may have with Asperger Syndrome are explored within a fictional format especially for children. Its portrayal of Ben as the central character offers other children with autistic spectrum disorders and their peers a positive role model. It is a valuable teaching tool that demystifies children with Asperger Syndrome, justifying their individuality as valid and interesting.

In Blue Bottle Mystery Kathy Hoopmann has combined her love of children with her passion for fantasy literature to produce a delightful read for anyone who loves an adventure and wants a unique insight into the mind of an Asperger child.

Library Reference: 93

Adam's Alternative Sports Day: An Asperger Story
by
Jude Welton

Average Goodreads Rating - 3.4/5

Nine-year-old Adam dreads Sports Day - he usually comes last in the races and never gets chosen for the team events. So, he is delighted when Mr Williams, the head teacher, announces that this year there will be an Alternative Sports Day with some very different challenges. There will be quizzes, riddles to solve, and a treasure hunt - all the things that Adam enjoys. At last he'll have a chance of winning something.

But as the competition runs high, how will Adam feel if his best friend Josie beats him to the Challenge Cup? And what will they do when they discover that James, the new boy in the class, is cheating?

A fun and absorbing children's story, Adam's Alternative Sports Day is suitable for children aged 7 and over.

Library Reference: 94
<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Average Goodreads Rating</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everybody Is Different: A Book for Young People Who Have Brothers or</td>
<td>Fiona Bleach</td>
<td>4.24/5</td>
<td>Intends to answer the many questions of brothers and sisters of young people on the autistic spectrum. Explaining the characteristics of autism, this book features helpful suggestions for making family life more comfortable for those concerned.</td>
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<tr>
<td>Sisters with Autism</td>
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<td>Library Reference: 95</td>
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<tr>
<td>Growing Up with a Bucket Full of Happiness: Three Rules for a Happier</td>
<td>Carol McCloud, Penny Weber (Illustrator)</td>
<td>4.43/5</td>
<td>Growing Up with a Bucket Full of Happiness Carol McCloud is taking the bucket filling message to the next level. Not only does she talk about new levels of bucket filling and bucket dipping, but this book goes into depth about how to put a lid on your bucket. There are examples of how important situations in life need a lid to protect our buckets from being empty. This beautifully illustrated book will offer be a keepsake for children and Full description</td>
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<tr>
<td>Life</td>
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<td>Library Reference: 96</td>
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<tr>
<td>Autism By Hand</td>
<td>Lorca Damon</td>
<td>3.9/5</td>
<td>“I have always imagined the metaphor of Carrie's life being similar to her hanging from a cliff. It feels as though I’m holding her hand as she dangles above certain death and the only thing that will keep her from falling is my ability to hang on. If I’m too weak and I let go, she’s gone. And she’s not able to do her part to help me. She’s looking at my struggling face and smiling, but the whole time I’m screaming at her to hold on, to climb up, to try to reach the branch above her. And she won’t, because she doesn’t know how. It’s up to me to save her.” Autism By Hand is the laundry list I wrote for the first eight years of Carrie’s life, from diagnosis to preschool to public school. It’s about the brutal truth and the absolute love I use to help her navigate our world. It contains no research or theories but it's full of the tools I used to help Carrie live in my universe.</td>
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<td>Library Reference: 97</td>
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<tr>
<td>What’s Happening to Me?</td>
<td>Alex Frith, Susan Meredith (Editor), Adam Larkum (Illustrator)</td>
<td>4.12/5</td>
<td>Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy-to-understand way, and it explains some of your feelings too - all you need to know for this important time in your life.</td>
</tr>
<tr>
<td>Be Different: Adventures of a Free-Range Aspergian</td>
<td>John Elder Robison</td>
<td>3.99/5</td>
<td>“I believe those of us with Asperger’s are here for a reason, and we have much to offer. This book will help you bring out those gifts.”</td>
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In his bestselling memoir, Look Me in the Eye, John Elder Robison described growing up with Asperger’s syndrome at a time when the diagnosis didn’t exist. He was intelligent but socially isolated; his talents won him jobs with toy makers and rock bands but did little to endear him to authority figures and classmates, who were put off by his inclination to blurt out non sequiturs and avoid eye contact.

By the time he was diagnosed at age forty, John had already developed a myriad of coping strategies that helped him achieve a seemingly normal, even highly successful, life. In Be Different, Robison shares a new batch of endearing stories about his childhood, adolescence, and young adult years, giving the reader a rare window into the Aspergian mind.

Every person, Aspergian or not, has something unique to offer the world, and every person has the capacity to create strong, loving bonds with their friends and family. Be Different will help readers, and those they love, find their path to success. |
Finger Gym: Developmental games to improve language, fine motor skills and handwriting
by
Galina Dolya & Judy Holder

Average Goodreads Rating - Not Yet Rated

Library Reference: 102

**AUTISTIC AUTHOR**

Do Lemons Have Feathers?: More to Autism than Meets the Eye
by
David J. Burns, Andrew Sercombe (Foreword)

Average Goodreads Rating - 3.5/5

"Are you beginning to see past the disability and starting to appreciate the gift?"

In this unashamedly honest book, David J. Burns draws on his own lived experience of Autism Spectrum Disorder (ASD) to provide guidance on how to take advantage of the supposed disadvantage. The book is filled with often hilarious anecdotes, spanning the confusion of his early diagnosis, to his marriage and life with his four children, as David proffers his advice on how to cope with everything from school work to flirting. Part memoir, part guide, and written with a refreshingly funny outlook, this book can be picked up and dipped into whether you’re looking for encouragement, practical coping strategies, or a perspective of life as seen through the lens of ASD.

Library Reference: 103

Can I tell you about Autism?: A guide for friends, family and professionals
by
Jude Welton, Jane Telford (Illustrations)

Average Goodreads Rating - 4.07/5

Meet Tom - a young boy with autism. Tom invites readers to learn about autism from his perspective, helping them to understand what it is and explaining the challenges he faces with issues such as social communication, sensory overload and changes in his routine. Tom tells readers about all the ways he can be helped and supported by those around him.

This illustrated book is ideally suited for readers aged 7 and upwards, and will be an excellent way to increase understanding about autism, in the classroom or at home. It also includes clear, useful information for parents and professionals.

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<tr>
<th>Title</th>
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<th>Average Goodreads Rating</th>
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<tbody>
<tr>
<td>Managing Stress for Carers</td>
<td>Ann Edworthy</td>
<td>4.0/5</td>
<td>A guide to all the issues facing parents with a child suffering from a neurological condition. The book analyses the problems faced and provides a wide range of information about how to get help.</td>
<td>105 &amp; 221</td>
</tr>
<tr>
<td>My Friend with Autism</td>
<td>Beverly Bishop, Craig Bishop (Illustrator)</td>
<td>4.33/5</td>
<td>Written for classmates of spectrum students and the classmates' parents, this kid-friendly book explains in positive ways that children with autism are good at some things, not so good at others - just like everyone else.</td>
<td>106</td>
</tr>
<tr>
<td>Autism Is...? (Autism Is...? Books) (Volume 1)</td>
<td>Ymkje Wideman-Van Der Laan, Rob Feldman (Illustrator)</td>
<td>4.32/5</td>
<td>Logan overhears his Grandma tell her friend he has Autism, and he asks her, &quot;Autism is...??&quot; She explains it to him in this beautifully illustrated story.</td>
<td>107</td>
</tr>
<tr>
<td>Smiling Heart Meditations with Lisa &amp; Ted (and Bingo)</td>
<td>Lisa Spillane</td>
<td>4.0/5</td>
<td>This vibrant picture book tells the story of Lisa, Ted and Bingo the dog at the beach. It teaches children how they can use the Qigong Healing Heart sound and other meditative techniques drawn from Traditional Chinese Medicine to overcome impatience, anger and frustration, just like Lisa and Ted.</td>
<td>108</td>
</tr>
</tbody>
</table>
Stand in My Shoes: Kids Learning about Empathy
by
Bob Sornson

Average Goodreads Rating - 4.2/5

When Emily asks her big sister what the word empathy means, Emily has no idea that knowing the answer will change how she looks at people. But does it really matter to others if Emily notices how they’re feeling? Standing in My Shoes shows kids how easy it is to develop empathy toward those around them.

Empathy is the ability to notice what other people feel. Empathy leads to the social skills and personal relationships which make our lives rich and beautiful, and it is something we can help our children learn. This book teaches young children the value of noticing how other people feel. We’re hoping that many parents read it along with their children.

Library Reference: 109

Brotherly Feelings: Me, My Emotions, and My Brother with Asperger's Syndrome
by
Sam Frender

Average Goodreads Rating - 4.05/5

It isn’t easy being eight years old and having an older brother whom other children often misunderstand. They don’t realize that when he doesn’t laugh at their jokes it’s because he doesn’t understand them. They don’t know that when he doesn’t speak to them or look at them it’s because he doesn’t know what to say or how to make eye contact. They don’t realize that he behaves this way because he has something called Asperger’s Syndrome.

Brotherly Feelings explores the emotions that siblings of children with Asperger’s Syndrome (AS) commonly experience. With illustrations throughout, this book will help siblings to understand that their emotional responses - whatever they are - are natural and OK. It is the ideal book for parents and professionals to use with siblings to discuss their emotional experiences, and will also help children with AS to form an understanding of the feelings of other family members.

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<table>
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<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Illustrator(s)</th>
<th>Average Goodreads Rating</th>
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<tbody>
<tr>
<td>I Feel Angry</td>
<td>Brian Moses, Mike Gordon</td>
<td>Mike Gordon</td>
<td>4.03/5</td>
<td>Part of the series which helps children deal with their emotions, this book explores the day to day situations that young children experience which make them angry. It looks at the ways in which they might make other people angry as well as ways of controlling their temper and dealing with anger.</td>
</tr>
<tr>
<td><strong>AUTISTIC AUTHOR</strong></td>
<td>Matt Friedman</td>
<td></td>
<td>5.0 /5</td>
<td>Looking for a way to explain your Asperger's traits to others in a way that's clear and fun? Do what I did! Just say, &quot;Dude, I'm An Aspie!&quot; and give ’em this book. My cartoons helped my friends understand where I’m coming from. I hope they do the same for you.</td>
</tr>
<tr>
<td>Can I tell you about Pathological Demand Avoidance syndrome?: A guide for friends, family and professionals (Can I tell you about...?)</td>
<td>Ruth Fidler, Phil Christie, Judith Gould (Foreword), Jonathon Powell (Illustrator)</td>
<td></td>
<td>4.27/5</td>
<td>Meet Issy – an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.</td>
</tr>
</tbody>
</table>
**AUTISTIC AUTHOR**

An Asperger's Guide to Public Speaking: How to Excel at Public Speaking for Professionals with Autism Spectrum Disorder
by

Rosalind A. Bergemann

Average Goodreads Rating - 3.0/5

This practical guide to effective public speaking for professionals with Asperger Syndrome (Autism Spectrum Disorder) provides tailored advice on using your Asperger strengths to your advantage and overcoming areas of challenge to find your public speaking voice.

Written by a business leader with Asperger Syndrome, it includes guidance and hands-on tools for preparation, research and delivery of successful speeches and presentations. It addresses all the key areas that can cause particular difficulty for people with Asperger Syndrome such as coping with anxiety, interpreting the facial expressions of your audience, awareness of your own body language as projected to others, sensory overload issues caused by the speaking environment, and surviving post-speech networking and social events.

Whether giving a presentation at a meeting, hosting a corporate event, or delivering an autism awareness speech, this book provides all the guidance that professionals with Asperger Syndrome need to master public speaking.

**Library Reference: 114**

Safeguarding children with autism
by

Wade Tidbury

Average Goodreads Rating - 5.0/5

Children with autism have the same right to protection as all children, and professionals have a duty to understand and respond to their needs.

Written for professionals with limited experience either of child protection, or working with children with autism, this essential guide identifies the key principles of safeguarding and clearly outlines the steps that need to be taken when there are concerns.

The booklet covers child protection and children law as it is in England

**Library Reference: 115**
Since We're Friends
by
Celeste Shally

Average Goodreads Rating - 4.15/5

Children with autism struggle to make friends and navigate social situations. However, one child can make a significant difference in the life of a child with autism by offering compassion, understanding and friendship.

*Since We’re Friends* is about two boys. One has autism, the other does not. The story of their relationship provides practical examples of how to make such a friendship work. It will help children see that their peers with autism can make a fun, genuine contribution to friendship.

**Library Reference: 116**

Meditation For Minis
by
Debbie Wildi

Average Goodreads Rating - Not on Goodreads

Here is a new spin on the bedtime story. Stories that your child becomes the star of! These short guided meditations can be exhilarating and mood lifting, for instance 'The rainbow Slide' or confidence boosting like 'The Magic Shell', as well as deeply relaxing such as 'Kingdom in a cloud'. These stories have been used with children for many years and the results are fantastic. Children become calmer, more confident, happier and focused. Included are tips and techniques to unwind the mind and help with sleep. When children learn techniques such as these now, they grow up into peaceful, more confident adults. By teaching these methods to our little ones we are showing them their own capabilities to calm themselves thus empowering them. It really is a great tool to learn and use though life. Let’s start now with this fun and unique illustrated book!

**Library Reference: 117**

Suzie Goes to the Hairdresser (Suzie and Sammy)
by
Charlotte Olson

Average Goodreads Rating - Not Yet Rated

Suzie is having a haircut and she is feeling a little worried, are you? Why not come with Suzie and see just how easy and fun, having a haircut can be. So, open the door to Snips 44, you won't feel scared anymore!

**Library Reference: 118**
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Illustrator</th>
<th>Goodreads Rating</th>
<th>Description</th>
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<tbody>
<tr>
<td>Suzie's toilet time (Suzie and Sammy)</td>
<td>Charlotte Olson, Nicola Moore (Illustrator)</td>
<td></td>
<td>Not Yet Rated</td>
<td>Using the toilet can be a scary time. Go to the bathroom with Suzie and see how she uses the toilet all by herself. A story to help any child who may be anxious about going to the bathroom. If Suzie can do it, then so can you.</td>
<td>119</td>
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<tr>
<td>Suzie goes to a funeral (Suzie and Sammy)</td>
<td>Charlotte Olson, Nicola Moore (Illustrator)</td>
<td></td>
<td>Not on Goodreads</td>
<td>Join Suzie as she goes to Grandma's funeral and says goodbye. Suzie can help explain to a child who may be anxious about going to a funeral for the first time. A simple story to help and show what they might experience on this sad day.</td>
<td>120</td>
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<tr>
<td>Suzie goes on an Aeroplane (Suzie and Sammy)</td>
<td>Charlotte Olson, Nicola Moore (Illustrator)</td>
<td></td>
<td>Not on Goodreads</td>
<td>Follow Suzie as she takes to the skies for the first time. A story that simply describes what a child can experience whilst travelling on an aeroplane and how fun it can be, by being safe and comfortable.</td>
<td>121</td>
</tr>
<tr>
<td>Suzie's Dressing Up Day (Suzie and Sammy)</td>
<td>Charlotte Olson, Nicola Moore (Illustrator)</td>
<td></td>
<td>Not on Goodreads</td>
<td>Suzie is a little girl who simply loves to dress up. She dresses up as lots of different people, in brightly coloured clothes. Can you guess who she will be? A great story for any child and parent to enjoy and guess together.</td>
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<tr>
<td>Book Title</td>
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<tr>
<td>Fine Motor Skills</td>
<td>Katy Hill</td>
<td>3.4/5</td>
<td>123</td>
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<tr>
<td>Write From The Start (Book 2)</td>
<td>Ion Teodorescu</td>
<td>3.8/5</td>
<td>124</td>
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<td>Write From The Start (Teacher’s Book)</td>
<td>Ion Teodorescu</td>
<td>3.8/5</td>
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<td>Ion Teodorescu</td>
<td>3.8/5</td>
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The ability to produce fluent, legible handwriting with ease is something that affects attainment in most areas of the curriculum, yet many children continue to struggle with this vital skill.
| **I'll Tell You Why I Can't Wear Those Clothes!: Talking about Tactile Defensiveness**  
| by  
| Noreen O’Sullivan  
| Average Goodreads Rating - 4.25/5  
| Do you know a child who hates the feel of certain items of clothing? This is a child's perspective on a largely unrecognized condition called tactile defensiveness, a physical condition that causes hypersensitivity to certain touch sensations.  
| Intended for adults and children to read together, the illustrated book explains reasons a child may become emotionally overwhelmed by daily routines such as putting on clothing, socks and shoes. The workbook format allows children to express and explore their own feelings through drawings or words, in order to explain their misunderstood behaviour.  
| A perfect book for children, families, teachers, therapists and other professionals dealing with tactile defensiveness suitable to be read with children aged 4 and above.  
| **Library Reference: 127**  

| **The Feelings Book**  
| by  
| Todd Parr  
| Average Goodreads Rating - 4.22/5  
| A surprising and silly book about moods, featuring such musings as "Sometimes I feel like staying in the bathtub all day", and "Sometimes I feel brave", illustrated with bold, bright, childlike drawings. Perfect for parents and teachers to use as a springboard for discussion about feelings.  
| **Library Reference: 128**  

| **It's Okay to Be Different**  
| by  
| Todd Parr  
| Average Goodreads Rating - 4.35/5  
| It's okay to be a different colour. It's okay to dance by yourself. It's okay to wear glasses. It's okay to have a pet worm.... It's okay to be different!  
| **Library Reference: 129**  

I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism
by
Elaine M. Larson
Average Goodreads Rating - 4.14/5
Presents the A-Z of what's great about having Asperger syndrome.

Library Reference: 130

The I LOVE YOU Book
by
Todd Parr
Average Goodreads Rating - 4.23/5
The ultimate gift book from beloved author Todd Parr--a perfect way to say, "I Love You!"
I love you when you give me kisses.
I love you when you need hugs...
Most of all, I love you just the way you are.

In this colourful picture book, Todd Parr explores the meaning of unconditional love in a heartfelt, playful way. Perfect for Valentine's Day and beyond, Parents and caregivers are sure to be inspired by Todd's vibrant illustrations and tender sentiments, and will enjoy sharing this very special book with the little ones they love.

Library Reference: 131

The Red Beast: Controlling Anger in Children with Asperger's Syndrome
by
K.I. Al-ghani, Haitham Al-Ghani (Illustrator)
Average Goodreads Rating - 4.44/5
Deep inside everyone, a red beast lies sleeping. When it is asleep, the red beast is quite small, but when it wakes up, it begins to grow and grow. This is the story of a red beast that was awakened.

Rufus is in the school playground when his friend John kicks a ball that hit him in the stomach, and wakes up the sleeping red beast: `I hate you - I'm gonna get you!'. The red beast doesn't hear the teacher asking if he's okay. It doesn't see that John is sorry - how can Rufus tame the red beast?

This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red
beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

**Library Reference: 132**

**The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome**

by K.I. Al-ghani, Haitham Al-Ghani (Illustrations)

Average Goodreads Rating - 3.91/5

Have you ever felt a sense of dread and worry creeping over you?

That might be the Panicosaurus coming out to play...

Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her.

This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

**Library Reference: 133**

**Kevin Thinks: ...about Outer Space, Confusing Expressions and the Perfectly Logical World of Asperger Syndrome**

by Gail Watts

Average Goodreads Rating - 4.07/5

Kevin thinks his mum is ridiculous for saying that he is wasting the sunshine and fresh air. As if it would ever run out! Kevin thinks you should always do up the top button. Why else is it there? Kevin thinks his computer brain is awesome because he can remember lots and lots of important facts about outer space, computers and football. Above all, Kevin thinks you should always tell the truth.

Kevin Thinks is the story of a boy with Asperger Syndrome (AS) who sees the world a little...differently! His quirky observations will strike a chord with all those who are familiar with AS, from his special interest in outer space and his aversion to itchy clothes, to his tendency to say exactly what he thinks, regardless of the consequences.
<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Average Goodreads Rating</th>
<th>Rating</th>
<th>Description</th>
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<tr>
<td><strong>Adorable and insightful, Kevin Thinks is a fun read for children aged 4+ and their parents.</strong></td>
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<td><strong>Library Reference: 134</strong></td>
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<tr>
<td><strong>My Social Stories Book</strong></td>
<td>Carol Gray (Illustrations)</td>
<td>3.93/5</td>
<td></td>
<td>Over the last decade, Carol Gray's Social Stories approach has become established as a highly effective way of teaching social and life skills to children on the autism spectrum. Taking the form of short narratives, the Stories in My Social Stories Book take children step by step through basic activities such as brushing your teeth, taking a bath and getting used to new clothes. It also helps children to understand different experiences such as going to school, shopping and visiting the doctor. These stories are written for pre-schoolers aged from two to six, and the book is a useful primer for all young children - but most especially those on the autism spectrum.</td>
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<td>My Social Stories Book contains over 150 Stories, and is illustrated throughout with line drawings by Sean McAndrew, which form a visual counterpart to the text. A helpful introduction explains to parents and carers how to get the most out of the book.</td>
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<td><strong>Library Reference: 135 &amp; 136</strong></td>
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<tr>
<td><strong>A Friend Like Simon Autism / Asd (Moonbeam Children’s Book Award Winner 2009) Special Stories Series 2</strong></td>
<td>Kate Gaynor, Sarah Rennick (Editor), Catriona Sweeney (Illustrator)</td>
<td>4.13/5</td>
<td></td>
<td>When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat different to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group.</td>
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<td><strong>Library Reference: 137</strong></td>
</tr>
<tr>
<td>Book Title</td>
<td>Author(s)</td>
<td>Average Goodreads Rating</td>
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<tr>
<td><strong>Susan Laughs</strong></td>
<td>Jeanne Willis, Tony Ross</td>
<td>3.97/5</td>
<td>Susan laughs, she sings. she rides, she swings. She gets angry, she gets sad, she is good, she is bad... Told in rhyme, this story follows Susan through a series of familiar activities. She swims with her father, works hard in school, plays with her friends -- and even rides a horse. Lively, thoughtfully drawn illustrations reveal a portrait of a busy, happy little girl with whom younger readers will identify. Not until the end of the story is it revealed that Susan uses a wheelchair. Told with insight, and without sentimentality, here is an inspiring look at one spunky little girl whose physical disability is never seen as a handicap. <strong>Library Reference: 138</strong></td>
<td></td>
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<tr>
<td><strong>Looking After Louis</strong></td>
<td>Lesley Ely</td>
<td>3.91/5</td>
<td>Louis has autism, but through imagination, kindness, and a special game of soccer, his classmates find a way to join him in his world. This powerful story highlights the advantages of inclusion for both children with autism and their classmates. Full colour. <strong>Library Reference: 139</strong></td>
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<tr>
<td><strong>The Asperkid’s Not Your Average Colouring Book</strong></td>
<td>Jennifer Cook O’Toole</td>
<td>4.33/5</td>
<td>Gathering the artistic talents of Asperkids and artists from around the world, as well as her own original artwork, Jennifer O’Toole has created a one-of-a-kind colouring book that’s educational, fun and above all a celebration of difference! We all know that children with Asperger syndrome are far more likely to learn and enjoy themselves when their special interests are involved, and the colour-in drawings in this book cover a wide range of subjects that Aspies love. We’re talking mythology, atomic structures, nature, historical fashions, and more! Full of cool art, geeky... <strong>Library Reference: 138</strong></td>
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humour, and inspirational quotations, this is a colouring book for all ages that celebrates the unapologetic awesomeness of Asperkids.

**Library Reference: 140**

**Early Intervention Games: Fun, Joyful Ways to Develop Social and Motor Skills in Children with Autism Spectrum or Sensory Processing Disorders**

by Barbara Sher

Average Goodreads Rating - 3.8/5

A resource of fun games for parents or teachers to help young children learn social and motor skills. Barbara Sher, an expert occupational therapist and teacher, has written a handy resource filled with games to play with young children who have Autistic Spectrum Disorder (ASD) or other sensory processing disorders (SPD). The games are designed to help children feel comfortable in social situations and teach other basic lessons including beginning and end, spatial relationships, hand-eye coordination, and more. Games can also be used in regular classrooms to encourage inclusion.

**Library Reference: 141**

**Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counselling Techniques for Helping Children with Bipolar Disorder and the Conditions That May Occur With It**

by George T. Lynn

Average Goodreads Rating - 3.89/5

A definitive guide covering all aspects of Bipolar in children, from spotting the symptoms to getting the correct interventions to help cope with the condition. This book explains the Biological causes and helps to separate the symptoms from those of other conditions including, Tourette’s, Asperger’s and ADHD, whilst acknowledging that the conditions can appear as co-morbid in some children. Full of practical help and support George Lynn discusses various case histories and how to cope as a parent, along with a guide to help the child learn strategies to live with Bipolar. case-studies from his own psychotherapeutic practice to show what these conditions have in common, how they differ, and how they relate to each other.

**Library Reference: 142**
Parenting Girls on the Autism Spectrum: Overcoming the Challenges and Celebrating the Gifts
by
Eileen Riley-hall

Average Goodreads Rating - 3.81/5

This book is a celebration of all the wonderful and unexpected gifts that having a daughter on the autism spectrum can bring to a family. Each chapter offers encouragement and guidance on issues such as school, friendships, meltdowns, special gifts, family relationships, therapies and interventions. Having daughters on the spectrum presents unique and rewarding challenges and this book is packed with friendly advice and real life examples from a mother who has experienced it all first hand.

This positive, upbeat book is guaranteed to offer support to parents, grandparents and family members, as well as providing educators and anyone else working in a supporting role with an insight into what life is like for girls on the spectrum and their parents.

Library Reference: 143

How to Find Work that Works for People with Asperger Syndrome: The Ultimate Guide for Getting People with Asperger Syndrome into the Workplace (and keeping them there!)
by
Gail Hawkins

Average Goodreads Rating - 3.65 /5

For those who want to help somebody with Asperger Syndrome find and keep a satisfying job, this book is a vital tool. Gail Hawkins guides readers through the entire process of gaining employment, from building a supportive team, identifying and addressing workplace challenges, to securing an appropriate post. Including practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work, and how, when and where to disclose a disability to an employer, Hawkins’ well-tested approach aims to provide all the information needed for a fast, realistic, and successful path to fulfilling employment.

Library Reference: 144
**SOME AUTISTIC AUTHORS**

Asperger's and Girls: World-Renowned Experts Join Those with Asperger's Syndrome to Resolve Issues That Girls and Women Face Every Day!

by

Tony Attwood, Temple Grandin, Teresa Bolick, Catherine Faherty, Lisa Iland, Jennifer McIlwee Myers, Ruth Snyder, Sheila Wagner, more...

Average Goodreads Rating - 3.52/5

Winner of the Gold Award in the 2006 ForeWord Book of the Year competition, this ground-breaking book describes the unique challenges of women and girls with Asperger's Syndrome. In it you'll read candid stories written by the indomitable women who have lived them. You'll also hear from experts who discuss whether Aspie girls are slipping under the radar, undiagnosed; why many AS women feel like a minority within a minority (outnumbered by men 4:1); practical solutions school systems can implement for girls; social tips for teenage girls, navigating puberty, the transition to work or university, and the importance of careers.

Library Reference: 145

Asperger Syndrome in Adults - A Guide to Realising Your Potential

by

Ruth Searle

Average Goodreads Rating - 3.0/5

Someone with Asperger syndrome lives in a different world from the majority of people who are 'neurotypical'. The resulting social struggle can impair self-esteem and mental health, leading to isolation, misunderstanding and depression. This book looks at the social potential of adults with Asperger syndrome, and how they may contribute on their own terms. Topics include; what it feels like to have Asperger syndrome, Asperger syndrome - disorder or difference, social relationships, including social strengths such as loyalty and patience, sensory overload and coping with the external environment, Asperger's in love - finding and maintaining an intimate relationship, if your partner has Asperger syndrome, employment, help and advice. In this thorough guide, Dr Ruth Searle says that someone with Asperger syndrome interacts with the world from a unique perspective. Be true to yourself and reach for your highest aspirations.

Library Reference: 146
Say Hello to Me: A Story about a Little Girl on the Autism Spectrum
by
April Charisse

Average Goodreads Rating - 4.5/5

Meet Darla. She wants to tell you a little about herself. She goes to elementary school with some fantastic friends and teachers. They know a lot about her. Darla has many things in common with other girls her age, but with one big difference: she has High-Functioning Autism. Read as she describes what that is like for her. She wants you to know how you can be a help to her. She also just wants to be your friend!

Library Reference: 147

**AUTISTIC AUTHORS**

The Asperger Personal Guide: Raising Self-Esteem and Making the Most of Yourself as an Adult with Asperger's Syndrome
by
Genevieve Edmonds, Dean Worton

Average Goodreads Rating - 3.6/5

Following the successful publication of the Asperger Love Guide and Asperger Social Guide this third book in the series of three self-help practical life guides covers the personal issues that an adult with Asperger's syndrome faces in a world not designed for people with autism.

Written from the male and female perspective of two Asperger's adults it looks at:

the positive aspects of Asperger’s syndrome
how these translate into everyday life
whether Asperger's syndrome is in fact a disability
strategies to gain mental and physical health as an adult with ASD.

The book aims to help adults gain self-esteem and get the most out of themselves as a unique adult with Asperger's syndrome. These courageous authors have drawn upon their personal experiences to provide an outstanding series of books aimed to support and enhance the quality of life for other Asperger adults.

Library Reference: 148
<table>
<thead>
<tr>
<th><strong>Being Happy!</strong></th>
<th><strong>Women from Another Planet? Our Lives in the Universe of Autism</strong></th>
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<tbody>
<tr>
<td><strong>by Andrew Matthews</strong></td>
<td><strong>by Jean Kearns Miller</strong></td>
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<tr>
<td>Average Goodreads Rating - 4.21/5</td>
<td>Average Goodreads Rating - 3.71/5</td>
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<td>In this successful humorous text, the author shares some fundamental principles that work towards improving the quality of life for everyone.</td>
<td>Mention the word autism and the room suddenly turns silent. It’s the dreaded A word.</td>
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<td>People’s attention turns to late night TV public service ads declaring that autistic children are “imprisoned” by autism and need curing at all cost. Recent autobiographies have helped dispel this dire description by suggesting that autism is not a prison and that the door is unlocked and you’re free to come in. Women from Another Planet? moves beyond these autistic life stories in important ways. It’s a collection of stories and conversations, all of them by women on the autism spectrum who speak candidly, insightfully, and often engagingly about both their gender in terms of their autism and their autism in terms of their gender. It is written not just for parents and professionals, like the other works, but also to those women still searching for ways to understand the unnamed difference they live with, as well as the wider audience of discerning readers. If you enter the unlocked door of these Women from Another Planet? you may end up with a question mark or two about your planet. Is normalcy really all it’s cracked up to be?</td>
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**Can I tell you about Cerebral Palsy?: A guide for friends, family and professionals**

by

Marion Stanton, Katie Stanton (Illustrations)

Average Goodreads Rating - 4.33/5

Meet Sophie - a girl with cerebral palsy (CP). Sophie invites readers to learn about CP from her perspective, helping them to understand what it is like to use a wheelchair to move around and assistive technology to communicate. She also introduces readers to some of her friends who have different forms of CP and explains that living with CP can sometimes be difficult, but there are many ways she is supported so that she can lead a full and happy life.

This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and professionals working with children with CP. It is also an excellent starting point for family and classroom discussions.

**Library Reference: 151**

**22 Things a Woman with Asperger’s Syndrome Wants Her Partner to Know**

by

Rudy Simone

Average Goodreads Rating - 4.25/5

Rudy Simone covers 22 common areas of confusion for someone dating a female with AS and includes advice from her own experience and from other partners in real relationships. She talks with humour and honesty about the quirks and sensitivities that you may come across when getting to know your partner. All the pivotal relationship landmarks are discussed, including the first date, sex, and even having children.

This entertaining and easy-to-read book will be ideal for anyone dating, or in a relationship with, an AS female. Women with AS themselves, and their families and friends, will also enjoy the book and find it useful. Counsellors and other professionals working with women with AS will find the insight offered extremely enlightening.

**Library Reference: 152**
**AUTISTIC AUTHOR**

The Girl with the Curly Hair presents The 1st Comic Book (The Girl with the Curly Hair presents The Comic Books)  
by  
Alis Rowe  
Average Goodreads Rating - 4.58/5  

An engaging picture book which illustrates simple, insightful, communicative comic strip cartoons of everyday situations between people with Asperger's Syndrome and their Neurotypical loved ones.  

All of the scenarios presented are very real, based on actual, real events that happen to the author every single day.  

Library Reference: 153 & 178

Fill a Bucket: A Guide to Daily Happiness for Young Children  
by  
Carol McCloud  
Average Goodreads Rating - 4.31/5  

This award-winning prequel to “Have You Filled a Bucket Today?” is the perfect gift for anyone with little ones they love. When children have their buckets filled and learn how they can fill other people’s buckets too, they understand how special, valuable, and capable they are.  

Library Reference: 155

My Brother Is Different: A Book for Young Children who have a Brother or Sister with Autism  
by  
Louise Gorrod  
Average Goodreads Rating - 4.1/5  

A booklet to help young siblings of autistic children understand what autism is.  

Library Reference: 157 & 158

I Have Autism and That's Okay!  
by  
Kristin Arniotis, John Arniotis (Illustrations)  
Average Goodreads Rating - 5.0/5  

Autism is a scary word. Let's face it. We don't know where it comes from and there is currently no cure. As parents, we want to have all of the answers for our children. We want to make everything better, perfect even, for them. But autism and the mystery surrounding it doesn't allow for that. When our son, Billy, was diagnosed at age 2,
there were a ton of unanswered questions and a great amount of uncertainty about what the future would hold for him. We felt a little helpless. We didn’t have the answers. We didn’t have the certainty. What we did have and what we were certain of was our unconditional love for and devotion to our son. So, rather than focus and dwell on the uncertainty, we decided to focus on the things that were certain. Much like every other child, Billy loved to run. He loved to draw pictures. He loved to....love! And we loved him. So, this book is about all of the certainties, the positives, the love. And, as an afterthought, Billy has autism. And, for us, that’s okay!

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<th>Library Reference: 159</th>
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<tr>
<td><strong>AUTISTIC AUTHOR</strong></td>
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<tr>
<td><strong>My Sister Is Different</strong></td>
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<tr>
<td>by Sarah Tamsin Hunter</td>
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<td>Average Goodreads Rating - 4.67/5</td>
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<td>Talks about the ups and downs of life with a sister who has autism. This book is written and illustrated by ten-year-old Sarah who also has an autistic spectrum disorder.</td>
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<th>Library Reference: 160</th>
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<tr>
<td><strong>Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids</strong></td>
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<tr>
<td>by Carol McCloud</td>
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<tr>
<td>Average Goodreads Rating - 4.4/5</td>
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<td>Through simple prose and vivid illustrations, this heart-warming book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the wellbeing of others and ourselves.</td>
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<th>Library Reference: 161</th>
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<tr>
<td><strong>How Full Is Your Bucket? For Kids</strong></td>
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<tr>
<td>by Tom Rath, Maurie J. Manning (illustrator), Mary Reckmeyer</td>
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<tr>
<td>Average Goodreads Rating - 4.38/5</td>
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<td>An illustrated adaptation of the long-running bestseller <em>How Full Is Your Bucket?</em> (more than 400,000 copies sold) for kids — told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds.</td>
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Every moment matters.

Each of us has an invisible bucket. When our bucket is full, we feel great. When it’s empty, we feel awful. Yet most children (and many adults) don’t realize the importance
of having a full bucket throughout the day.

In *How Full Is Your Bucket? For Kids*, Felix begins to see how every interaction in a
day either fills or empties his bucket. Felix then realizes that everything he says or does
to other people fills or empties their buckets as well.

Follow along with Felix as he learns how easy it can be to fill the buckets of his
classmates, teachers and family members. Before the day is over, you’ll see how Felix
learns to be a great bucket filler, and in the process, discovers that filling someone
else’s bucket also fills his own.

**Library Reference: 162**

**I Am AspienGirl®: The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum**
by
Tania Marshall

Average Goodreads Rating - 3.95/5

*I Am AspienGirl®: The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum* is a book that showcases a special range of strengths, quirks, and yes, some challenges too! If you ever wondered about a female student in your class, a child in your family, an extended family member, or even yourself, this book is for you.

**Library Reference: 163**

**Wonder**
*(Wonder #1)*
by
R.J. Palacio

Average Goodreads Rating - 4.45/5

*I won’t describe what I look like. Whatever you’re thinking, it’s probably worse.*

August Pullman was born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can’t get past Auggie’s extraordinary face. WONDER, now a #1 New York Times bestseller and included on the Texas Bluebonnet Award master list, begins from Auggie’s point of view, but soon switches to include his classmates, his sister, her boyfriend, and others. These perspectives converge in a portrait of one community’s struggle with empathy, compassion, and acceptance.

**Library Reference: 164**
Tapping for Zapping Anxiety Away: Go Tapping! Nelly Learns the Emotional Freedom Technique (EFT) for Kids

by
Renee Jain, Shahab Shamshirsaz (Illustrator)

Average Goodreads Rating - 4.2/5

What if the thoughts that trigger your child’s anxiety were neutralized? What if the butterflies in their stomach, the sweat on their palms, and the desperate look in their eyes for help were transformed? And what if they had the skills to affect this transformation themselves? This book provides a pathway to do just that.

In this story, you’ll meet Nelly Moon who gets extremely nervous before riding the bus to school. Just thinking about the bus makes Nelly jittery!

Fortunately, she's befriended by a sweet alien named Neutrino who takes her on an international adventure to learn something called the Emotional Freedom Technique (EFT) or tapping. Nelly uses tapping to ease her anxiety and boost her confidence.

Tapping is a technique backed by mounting scientific evidence to calm the nervous system to restore balance in the mind and body. Your child can read this beautifully illustrated story and workbook to learn the simple yet powerful anxiety relief technique of tapping.

Ready to get started? As Neutrino says, “Come on, youthlings, let’s Go Tapping!”

Library Reference: 165

**AUTISTIC AUTHOR**

I Dream In Autism

by
Richard Maguire

Average Goodreads Rating - 4.4/5

I am autistic. See it my way.

I Dream In Autism is a collection of writings based on my own life journey and decades of working with autistic people. People have a lot of expectations of me and often don’t think my autism is severe. They are visibly surprised when I disclose my condition. However, if I behave according to my autistic nature, they get cross and sometimes verbally aggressive. That’s a lot of pressure to endure which makes my life harder.

Mild-autism is someone else’s judgement – they see me acting ‘normal’ and believe it to be a reliable indication of my true self. I maintain an act as much as possible because life has taught me that things get very bad if I don’t (this is a common autistic way of living).
My autobiography is woven with insight, observations and ways for autistic or learning disabled service users and families living with an autistic sufferer to see inside the syndrome from an autistic point of view. I wanted my work to be a useful tool read by ‘normal’ people as an informed way of how to interact with special individuals.

Read this book forwards, backwards or in bite-sized chunks to see through the eyes of an 'Aspie' as we are beginning to be affectionately referred to (and I like this). Understand my obsessive need to repeat intricate details through stories of being bullied, lost, loved and misunderstood.

Library Reference: 166

**Talkabout for Teenagers: Developing Social and Emotional Communication Skills**
by Alex Kelly

Average Goodreads Rating - Not Yet Rated

*Talkabout for Teenagers* is a bestselling professional workbook supporting educators and therapists who deliver social and relationship skills groups for older children and young adults with social, emotional or behavioural difficulties.

It is a complete group work resource that offers a hierarchical approach, with ready-made material to assist teaching social and relationship skills specifically to older children and young adults.

Resources include:

- an assessment framework planning and evaluation forms
- 37 structured session guides focusing on self-awareness and self-esteem, body language, conversational skills, friendship skills and assertiveness
- all the supplementary handouts and images needed to deliver the sessions.

Library Reference: 167

by Gloria Dura-Vila, Tamar Levi

Average Goodreads Rating - 4.17/5

My Autism Book is a beautifully illustrated picture book that helps parents to explain an autism diagnosis to their child in a sensitive, positive and accurate way.

When a child is diagnosed with an Autism Spectrum Disorder (ASD), parents often feel overwhelmed and uncertain about how to communicate the diagnosis to their child.
This book is designed to be read with the child as a simple introduction to their diagnosis. Written by a doctor and a children’s author, the book is tailored precisely to the needs and experiences of the child with ASD aged 5 and up. It explains what an autism diagnosis means and encourages an exploration of the child’s likely strengths and differences using clear language that speaks directly to the child. The colourful pictures throughout show how the world looks from the child’s perspective and the book ends with a summary checklist to encourage the child to record and discuss how autism affects them.

**Library Reference: 168 & 252**

**AUTISTIC AUTHOR**

Asperger's Syndrome: Social Energy: By the Girl with the Curly Hair
by Alis Rowe

Average Goodreads Rating - 5.0/5

The Girl with the Curly Hair considers Social Energy to be an individual's capacity for social interactions. She thinks that every person has a different base amount of social energy and that social energy can go up and down. Autistic people have social impairments, which means they have less social energy than neurotypical people, and this can impact every aspect of their life. This book is all about how to manage your social energy to better cope with social interactions, and how to build better relationships. The Girl with the Curly Hair also answers the very important question - can your base social energy ever be increased?

**Library Reference: 169**

**AUTISTIC AUTHOR**

Asperger's Syndrome and Anxiety: by the girl with the curly hair (The Visual Guides Book 8)
by Alis Rowe

Average Goodreads Rating - 4.07/5

A lot of people think anxiety is the same for everyone. But The Girl with the Curly Hair thinks anxiety in people with ASD has different reasons and causes. Consequently, it needs to be managed differently. This guide talks specifically about anxiety and social anxiety in autistic spectrum disorders and Asperger's Syndrome, suggesting causes for it and solutions/strategies for managing it.

**Library Reference: 170**
**AUTISTIC AUTHOR**

Asperger's Syndrome in 13-16 Year Olds: By the Girl with the Curly Hair

by

Alis Rowe

Average Goodreads Rating - Not Yet Rated

This is an invaluable book for ASD teenagers, and for parents of ASD teenagers. There are examples of life situations which highlight how the ASD teen may feel during typical daily events. This book will encourage an ASD teen as they will gain an understanding that they are not on their own, that their ways of thinking and perceiving situations are not so unusual after all. Parents can learn from this book how to better encourage their ASD teenager and help to provide better coping strategies for their child.

Library Reference: 171

**AUTISTIC AUTHOR**

Asperger's Syndrome for the Neurotypical Partner: by the girl with the curly hair (The Visual Guides Book 6)

by

Alis Rowe

Average Goodreads Rating - 4.0/5

The Girl with the Curly Hair has Asperger’s Syndrome (high functioning autism). In this guide she explores her relationship with her neurotypical (non-autistic) male partner. Remember, everyone is different, but she hopes it is a starting point for some helpful conversations between you and your partner to understand how the relationship is for you both. Topics include how ASD affects her in day to day life, the positives of ASD, strategies on how the neurotypical partner can help with ASD challenges, what it feels like when you are apart, why she loves you, and how you can best enjoy your time together.

Suitable for ASD/NT couples in long-term relationships. The Girl with the Curly Hair hopes you can discuss aspects of the guide together and highlight any bits that resonate with your own relationship.

Library Reference: 172
Asperger's Syndrome in 5-8 Year Olds: By the Girl with the Curly Hair
by
Alis Rowe

Average Goodreads Rating - Not Yet Rated

Children in this age group have specific challenges such as: wearing the same clothes
day in and day out, preferring to play on their own rather than with their friends, and
having unusual language. This book is based on real life experience and gives practical
insight into supporting a child with ASD. A perfect read for anyone working or living
with young girls on the autistic spectrum.

Library Reference: 173

Asperger's Syndrome in 16-18 Year Olds: by the girl with the curly hair
(The Visual Guides Book 10)
by
Alis Rowe

Average Goodreads Rating - 5.0/5

Leaving school can bring about both positive and negative feelings for teenagers with
ASD. On one hand it is a big relief, particularly if they were bullied or didn’t have many
friends. On the other hand, it can be anxiety-provoking not knowing what is going to
happen next.

Some teenagers know for certain they want to go on to college and university. Others
have no idea what they want to do. Many feel burned out from school and consequently
end up feeling highly demotivated, not wanting to do much at all.

Teenagers with ASD may be clever and wise, yet immature, unable to communicate
properly and lacking friendships. This guide looks at the first few years after school has
ended, with insight and advice for individuals and parents.

Library Reference: 174

Asperger's Syndrome: By the Girl with the Curly Hair
by
Alis Rowe

Average Goodreads Rating - 4.0/5

Have you ever heard of Autism, Asperger's Syndrome and other Autism Spectrum
Disorders (ASD) being described as "a different way of experiencing the world"? The
Girl with the Curly Hair always found this phrase a bit confusing. "Different" how
exactly? “Different” in what way? In this debut guide, The Girl with the Curly Hair covers the fundamentals of ASD with information that is relevant to children and adults. Discover how this complex condition affects people in a very clear, simple, accessible format.

**Library Reference: 175**

**AUTISTIC AUTHOR**

Asperger's Syndrome: Helping Siblings: By the Girl with the Curly Hair
by Alis Rowe

Average Goodreads Rating - 5.0/5

Children are all unique. It's a given that the child with ASD will have special needs but families must also consider the needs of their non-ASD (NT) child. Having a child with ASD can be very stressful at times, not just for the parents, but for the sibling(s) too. This book provides insight and guidance for parents to help talk to their child or children about the sibling with ASD.

**Library Reference: 176**

**AUTISTIC AUTHOR**

Asperger's Syndrome Meltdowns and Shutdowns: By the Girl with the Curly Hair
by Alis Rowe

Average Goodreads Rating - 4.67/5

Meltdowns and shutdowns can be very confusing and painful for the loved one and devastatingly frightening and painful for the person with ASD. In this book, The Girl with the Curly Hair uses pictures and diagrams to explain what is meant by autistic 'meltdowns' and 'shutdowns.' It contains strategies on how to deal with the two responses to stress that are common for people on the autism spectrum. Quick and easy to read, this guide is enlightening for anyone who may feel puzzled by the behaviours of their loved ones, and reassuring for those who show the behaviours themselves.

**Library Reference: 177**
**AUTISTIC AUTHOR**

The Girl with the Curly Hair presents The 2nd Comic Book (The Girl with the Curly Hair presents The Comic Books)

by

Alis Rowe

Average Goodreads Rating - 4.0/5

2nd book in the popular series! An engaging picture book which illustrates simple, insightful, communicative comic strip cartoons of everyday situations between people with Asperger’s Syndrome and their Neurotypical loved ones.

All of the scenarios presented are very real, based on actual, real events that happen to the author every single day.

Library Reference: 179

**AUTISTIC AUTHOR**

The Girl with the Curly Hair presents The 3rd Comic Book: For Teenagers with Asperger's Syndrome (The Girl with the Curly Hair presents The Comic Books)

by

Alis Rowe

Average Goodreads Rating - 3.5/5

The 3rd Comic Book is intended for teenagers and young adults with Asperger’s Syndrome, however it will also appeal to older adults, particularly if they think back to their school days.

I hope this book is enjoyed by everyone – in particular parents and teachers. I would like them to see what life is like from a different perspective.

This book is a starting point for discussions between parents, teachers and adolescents/young people. Use the "reflection" / notes pages to talk about how each situation affects you - if it does! It might not - after all, everyone on the spectrum is different.

Library Reference: 180

**AUTISTIC AUTHOR**

Asperger's Syndrome in 8-11 Year Olds: By the Girl with the Curly Hair

by

Alis Rowe

Average Goodreads Rating - Not Yet Rated

A valuable and comprehensive guide for parents and teachers of children on the spectrum aged 8-11 (or younger or older, dependent on the child's emotional
development level). As children of this age are growing into their personalities, difficulties faced by the child can become increasingly apparent. This guide gives examples of these difficulties in the form of problem behaviour the child may present with, along with suggested solutions to assist the child in gaining confidence and valuable life skills, such as compromise and anger control.

**AUTISTIC AUTHOR**

The Memes Book: ASD in Daily Life: by the girl with the curly hair: Volume 1 (The Memes Books) by Alis Rowe

Average Goodreads Rating – Not Yet Rated

The Memes Book is a collection of quotes about Autism Spectrum Disorder (ASD) in daily life, from the popular character, the girl with the curly hair.

**AUTISTIC AUTHOR**

The Girl with the Curly Hair presents The 4th Comic Book: For AS/NT Couples (The Girl with the Curly Hair presents The Comic Books) by Alis Rowe

Average Goodreads Rating - 4.0/5

The 4th Comic Book is intended for couples where partner has Asperger's Syndrome or Autism Spectrum Disorder. I have written it from the perspective of the female having the ASD - since I am female - but the scenarios might also work the other way round. As with the others in the series, the Comic Books are meant to be funny, light, easy reading, as well as sincere.

I hope you enjoy this book. I would recommend reading it separately and also with your partner. You can use the 'space for notes' pages to write your own strategies for dealing with the situations.

You might relate to all of the scenarios. You might relate to very few. Everyone is different, but I hope this is a starting point for lots of discussions. It will certainly provide a very visual demonstration of how two different people may perceive the same situation.

**Library Reference: 181**

**Library Reference: 182**

**Library Reference: 183**
**AUTISTIC AUTHOR**

The Girl with the Curly Hair - Asperger's and Me

by

Average Goodreads Rating - 4.41/5

My family have known me my entire life.
They have been by my side at the doctor's.
They have brought me out of shutdowns.
They have supported me through depression.

Yet, despite being a part of all of these things,
they still don’t really know what it’s like being me, having Asperger's Syndrome.

So I wrote this book.

The hardest thing about having Asperger’s Syndrome is that it can seem like an invisible condition. Females in particular, can be expert at masking their symptoms.

Tomorrow I will get up and leave the house, go into work and get on with things, my challenges totally oblivious to the people around me. The next day will be the same. And the day after.

I hope this book will build the bridge between people with Asperger’s Syndrome and the rest of the world. Most people with Asperger’s Syndrome are able and willing to work and live a “normal” life, with the right support and adjustment. The main problem is that most people are just unaware of how they can help.

So, let us begin our journey into the wearing but wonderful world that is Asperger's Syndrome.

Library Reference: 184 & 239
Freeing Your Child from Anxiety
by
Tamar E. Chansky

Average Goodreads Rating - 3.98/5

Anxiety is the number one mental health problem facing young people today.

Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinging to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is.

In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.

No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow.

Library Reference: 185

Helping Your Anxious Child: A Step-by-Step Guide for Parents
by
Ronald M. Rapee, Susan H. Spence, Vanessa Cobham, Ann Wignall, Heidi Lyneham

Average Goodreads Rating - 3.79/5

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

Library Reference: 186
Surviving the Special Educational Needs System: How to be a ‘Velvet Bulldozer’
by
Sandy Row

Average Goodreads Rating - 4.8/5

Some children’s ‘difficulties’ do not present in an obvious way, which makes diagnosis problematic, and access to help unforthcoming. This was the experience of Sandy Row, who, after a decade of misdiagnoses and unsatisfactory explanations for her children’s struggle in mainstream school, realised that her children had special educational needs (SEN) and began her long quest for help from the SEN system.

Row's testimony illustrates how the special educational needs system works and empowers other parents to demand help for their children who have special educational needs that require attention. This frank and practical book challenges the theoretical and often impenetrable established literature on SEN, and instead provides an accessible and effective resource for those needing advice and answers about their rights to services and help for their children.

**Library Reference: 187**

I Don’t Want to Go to School: Helping Children Cope with Separation Anxiety
by
Nancy Pando, Kathy Voerg (Illustrations)

Average Goodreads Rating - 3.47/5

It's time for Honey Maloo to go to school, but she does not want to leave her mom. She tries everything to stay home, from sneaking off the school bus to pretending to be sick, but finds there is no way to avoid school. Honey’s mom, her teacher, the music teacher and friends help her to get involved with school lessons and activities so that Honey learns that school can be fun!

Separation anxiety is common in young children and can make going to school a trial. This charmingly illustrated tale teaches children coping skills and reminds them that they can love, even miss, their parents and still enjoy school. In addition to providing specific tips for both children and parents, *I Don’t Want to Go to School* offers a great tool to open a dialogue with an anxious child.

**Library Reference: 188**

Going on a Plane
by
Anne Civardi

Average Goodreads Rating - 3.98/5

A different family in each book discovers how to deal with new situations.

**Library Reference: 189 & 202**
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Average Goodreads Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going to School</td>
<td>Anne Civardi</td>
<td>3.83/5</td>
<td>A different family in each book discovers how to deal with new situations.</td>
</tr>
<tr>
<td>Going to the Doctor</td>
<td>Anne Civardi</td>
<td>3.69/5</td>
<td>A different family in each book discovers how to deal with new situations.</td>
</tr>
<tr>
<td>Going to the Hospital</td>
<td>Anne Civardi</td>
<td>4.21/5</td>
<td>This series introduces young children, in an amusing and friendly way, to situations they might find themselves in for the first time. Stephen Cartwrights gently humorous illustrations are full of things for children to look at, learn from and talk about, and the simple text will enable slightly older children to read the books for themselves. All the titles in this series have been completely revised and updated.</td>
</tr>
<tr>
<td>Going to the Dentist</td>
<td>Anne Civardi</td>
<td>3.9/5</td>
<td>A different family in each book discovers how to deal with new situations.</td>
</tr>
<tr>
<td>Very First Words Board Book (Usborne First Words Board Books)</td>
<td>Jo Litchfield</td>
<td>4.54/5</td>
<td>The engaging detail of miniature model characters and objects in this bright and lively board book will enchant both children and adults'</td>
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<tr>
<td><strong>Find The Duck (Usborne Find Its)</strong></td>
<td>by Claudia Zeff (Author), Stephen Cartwright (Illustrator)</td>
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<tr>
<td><strong>Average Goodreads Rating</strong> - Not on Goodreads</td>
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<td>This picture book has been especially devised to provide very young children with the challenge of something to look for, amusing situations to talk about and familiar objects to name.</td>
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<td><strong>Library Reference: 195</strong></td>
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<tr>
<th><strong>Zoo (Usborne Talkabouts)</strong></th>
<th>by Stephen Cartwright</th>
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<tr>
<td><strong>Average Goodreads Rating</strong> - 4.33/5</td>
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<tr>
<td>Featuring the illustrations of Stephen Cartwright, illustrator of the best-selling 'Farmyard Tales' series, this title features an interactive experience for young children, who love to hunt for items and talk about what's happening in the busy, colourful scenes.</td>
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<td><strong>Library Reference: 196</strong></td>
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<tr>
<th><strong>Complete First Experiences</strong></th>
<th>by Anne Civardi</th>
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<tr>
<td><strong>Average Goodreads Rating</strong> - 4.44/5</td>
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<tr>
<td>Introduces little ones to new situations, including visiting the doctor, going to school, welcoming a new baby and travelling on an aeroplane.</td>
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<td><strong>Library Reference: 197</strong></td>
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<tr>
<th><strong>The Okay Book</strong></th>
<th>by Todd Parr</th>
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<tr>
<td><strong>Average Goodreads Rating</strong> - 4.27/5</td>
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<tr>
<td>In illustrations and audio, Parr enumerates a number of different things that are okay, such as &quot;It's okay to be short&quot; and &quot;It's okay to dream big&quot;. Full colour.</td>
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<td><strong>Library Reference: 198</strong></td>
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<tr>
<th><strong>Home</strong></th>
<th>(Look and Say)</th>
<th>by Francesca Allen, Jo Litchfield (Illustrator)</th>
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<tr>
<td><strong>Average Goodreads Rating</strong> - 5.0/5</td>
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<tr>
<td>Presents a different way to get talking about familiar objects and learn new words. In this title, each double-page shows a different room in the house, and introduces children to the names of objects found there.</td>
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<tr>
<td><strong>Library Reference: 199</strong></td>
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<tr>
<td>Title</td>
<td>Author(s)</td>
<td>Average Goodreads Rating</td>
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<tr>
<td><strong>Look and Say School</strong>&lt;br&gt;(Look and Say)</td>
<td>Felicity Brooks, Jo Litchfield (Illustrator)</td>
<td>4.0/5</td>
</tr>
<tr>
<td><strong>Usborne First Experiences The New Puppy</strong></td>
<td>Anne Civardi</td>
<td>3.38/5</td>
</tr>
<tr>
<td><strong>Usborne First Experiences The New Baby</strong>&lt;br&gt;(First Experiences)</td>
<td>Anne Civardi, Michelle Bates (Editor), Stephen Cartwright (Illustrator), Neil Francis</td>
<td>4.21/5</td>
</tr>
<tr>
<td><strong>Usborne My First Word Book About Food</strong></td>
<td>Usborne</td>
<td>Not on Goodreads</td>
</tr>
<tr>
<td><strong>Conversation Train</strong></td>
<td>Joel Shaul</td>
<td>Not Yet Rated</td>
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photocopiabible worksheets and train-themed colouring pages to help promote skill generalization.

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<th>Library Reference: 207</th>
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<tr>
<td><strong>The Bedtime Bear</strong></td>
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<tr>
<td>by Ian Whybrow, Axel Scheffler (Illustrations)</td>
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<tr>
<td>Average Goodreads Rating - 3.63/5</td>
</tr>
<tr>
<td>Bedtime isn’t bedtime without a bear—and Tom’s bear is on his way! Follow bear on his adventures as he finds his way back to Tom, from cycling through the jungle with a tiger to hitching a lift with a sheep on a jeep. This fun board book features witty rhymes and silly scenarios.</td>
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<tr>
<th>Library Reference: 208</th>
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<tr>
<td><strong>First Hundred Words English</strong></td>
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<tr>
<td>by Heather Amery, Stephen Cartwright (Illustrator)</td>
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<tr>
<td>Average Goodreads Rating - 4.5/5</td>
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<tr>
<td>100 words to aid you expand your child’s vocabulary.</td>
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<tr>
<th>Library Reference: 210</th>
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<tbody>
<tr>
<td><strong>Big Book of English Words</strong></td>
</tr>
<tr>
<td>by Mairi Mackinnon, Kate Hindley (Illustrator)</td>
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<tr>
<td>Average Goodreads Rating - 4.71/5</td>
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<tr>
<td>An essential vocabulary builder for young children, with around a thousand everyday words and pictures, arranged thematically. There are lots of things to spot and talk about in this large format board book, that is perfect for poring over together. With characterful and slightly nostalgic illustrations by Kate Hindley.</td>
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<th>Library Reference: 211</th>
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<tr>
<td><strong>Emotionary: Say what you feel</strong></td>
</tr>
<tr>
<td>by Cristina Núñez Pereira, Rafael R. Valcárcel, Stephen Lee (Translator)</td>
</tr>
<tr>
<td>Average Goodreads Rating - 4.25/5</td>
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<tr>
<td>The Emotionary describes, in simple terms and with coloured illustrations, forty-two emotional states so that children (and adults) can learn to identify them and therefore learn how to say what they are really feeling.</td>
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<td>Title</td>
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<td>----------------------------------------------------------------------</td>
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<tr>
<td>LEGO® Awesome Ideas</td>
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<tr>
<td>Sensory Circuits: A Sensory Motor Skills Programme for Children</td>
</tr>
<tr>
<td>Asperger's Rules!: How to Make Sense of School and Friends</td>
</tr>
<tr>
<td>The Asperger Love Guide: A Practical Guide for Adults with Asperger's Syndrome to Seeking, Establishing and Maintaining Successful Relationship</td>
</tr>
</tbody>
</table>
Both authors work with the Asperger community, either providing support or training, so their insight is based upon other people’s experiences as well as their own. This is shown in a number of case studies that support the elements described in each chapter. They write in a clear, accessible and non-patronizing way which will suit their audience.

**Library Reference: 216**

**Asperger Syndrome: An Owner's Manual 2 for Older Adolescents and Adults: What You, Your Parents and Friends, and Your Employer, Need to Know**  
by Ellen S. Heller Korin  
Average Goodreads Rating - 4.11/5

Deals with issues that older adolescents and adults with Asperger Syndrome face such as relationships, marriage, independent living, employment, and self-care. This book informs supports individuals with AS as they come to grips with their strengths and challenges and plan for a successful adulthood within the neurotypical world.

**Library Reference: 217**

**Isaac and His Amazing Asperger Superpowers!**  
by Melanie Walsh  
Average Goodreads Rating - 3.89/5

Isaac may look like everyone else, but he actually has superpowers that make him different from his brother and his classmates. Some kids don’t understand that and call him names. But Isaac’s superhero brain remembers loads of things, he has energy enough to bounce on his trampoline for hours, and his ears are so sharp he can even hear the buzzing some lights make in school (ouch!). He tends to say whatever comes into his head and doesn’t realize that he might hurt someone’s feelings — by telling them they have big teeth, for example! Even though he’s not really a superhero — he has Asperger syndrome, which means his brain works a little differently — he does love to play superheroes with his brother, who understands him. Straightforward and engaging, Isaac’s first-person narrative will help kids see the world through the eyes of a child with the high-cognitive type of autism spectrum disorder commonly known as Asperger syndrome.

**Library Reference: 218**

**You've Got Dragons**  
by Kathryn Cave, Nick Maland (Illustrator)  
Average Goodreads Rating - 4.07/5

You’ve Got Dragons is a tale that aims to allay childhood fears.
| Library Reference: 219 | The Huge Bag of Worries  
by Virginia Ironside, Frank Rodgers (Illustrations)  
Average Goodreads Rating - 4.36/5  
Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?  
A compelling picture book which can be used as a spring board into what worries children today. |
| --- | --- |
| Library Reference: 220 | Exploring Depression CBT Programme with Young People with Asds Manual  
by Tony Attwood  
Average Goodreads Rating - 4.75/5  
For people with ASDs, depression is common, and has particular features and causes. This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by depression. Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression. |
| Library Reference: 222 | The Cookbook for Children with Special Needs: Learning a Life Skill with Fun, Tasty, Healthy Recipes  
by Deborah French, Leah Ehrlich (Illustrations)  
Average Goodreads Rating - 4.0/5  
Learning to cook not only equips children with a valuable life skill, but will help boost self-esteem in other areas of their lives. The book starts with a basic illustrated guide to where food comes from, the different food groups, how to create our own diet and why cooking is a great skill to master. Simple, step-by-step instructions accompanied by fun illustrations, guide children through three levels of cooking, starting with fundamental basics including the preparation of a wide variety of different foods, and building up to more complex recipes. Health and safety skills are taught as an essential part of the cooking activity and healthy eating habits are reinforced throughout. |
Parents and carers will find cooking with children with special needs to be enjoyable and rewarding with this book, which thoroughly prepares the child for the cooking experience. Teachers, activity organisers and anyone else working with children with special needs will also find this book to be a great resource for cooking inspiration.

**Library Reference: 223**

### Dot-To-dot Book

*by Various*

Average Goodreads Rating - 3.67/5

This bumper collection of Usborne Dot-to-dot books has a bright new cover and is full of things to spot, shapes to make and interesting facts. It should keep children occupied for hours on rainy days or long car journeys.

**Library Reference: 225**

### Life Skills Activities for Special Children, Grades K-5

*by Darlene Mannix*

Average Goodreads Rating - 3.74/5

The best-selling book for teaching basic life skills, fully revised and updated

This book offers teachers and parents a unique collection of 190 ready-to-use activities complete with student worksheets, discussion questions, and evaluation suggestions to help exceptional students acquire the basic skills needed to achieve independence and success in everyday life. Each of the book’s activities focuses on specific skills within the context of real-life situations and includes complete teacher instructions for effective use, from objective and introduction through optional extension activities and methods to assess student learning. The book includes numerous reproducible parent letters which can be sent home to help parents reinforce these lessons while children are away from school.

Offers ideas for developing practical skills to deal with identity theft, cell phone manners, budgeting, eating healthy meals, using credit cards, time management, and much more.

**Library Reference: 226**
| **Social Skills Activities for Secondary Students with Special Needs, Grades 6-12**<br>by Darlene Mannix<br>Average Goodreads Rating - 3.74/5<br>The updated new edition of this valuable resource offers an exciting collection of 200 ready-to-use worksheets to help adolescents build the social skills they need to interact effectively with others and learn how to apply these skills to various real-life settings, situations, and problems. The book provides 20 complete teaching units focusing on 20 basic social skills, such as being a good listener, "reading" other people, and using common sense. | **Library Reference: 227** |
| **Life Skills Activities for Secondary Students with Special Needs**<br>by Darlene Mannix<br>Average Goodreads Rating - 3.93/5<br>Ready-to-use lessons for teaching basic life skills to adolescents with special needs<br>This book offers teachers and parents a unique collection of more than 200 worksheets to help adolescents with special needs build the life skills they need to achieve independence and succeeding everyday life. The book provides 22 complete teaching units focusing on basic life skills such as handling money, succeeding at school, using the Internet safely, getting and keeping a job, and much more. The book contains 90 reproducible worksheets for teaching students how to apply these life skills to real-life situations.<br>Offers ideas for fostering skills like using the Internet, handling money, succeeding at school, getting and keeping a job, and more. | **Library Reference: 228** |
| **Incredible Years Trouble Shooting Guide**<br>by Carolyn Webster-Stratton<br>Average Goodreads Rating - 4.33/5<br>"A trouble-shooting guide for parents of children ages 2-8 years.” | **Library Reference: 229** |
**AUTISTIC AUTHOR**

An Adult with an Autism Diagnosis: A Guide for the Newly Diagnosed
by
Gillan Drew

Average Goodreads Rating - 4.29/5

Being diagnosed with autism as an adult can be disorienting and isolating; however, if you can understand the condition and how it affects perceptions, relationships, and your relationship with the world in general, a happy and successful life is attainable. Through an introduction to the autism spectrum, and how the Level 1 diagnosis is characterised, the author draws on personal experiences to provide positive advice on dealing with life, health, and relationships following an adult diagnosis.

Drawing from the author’s lived experience, this book is an essential guide for all newly diagnosed adults on the autism spectrum, their families and friends, and all professionals new to working with adults with ASDs.

Library Reference: 230

**AUTISTIC AUTHORS**

The Real Experts: Readings for Parents of Autistic Children
by
Michelle Sutton (Editor)

Average Goodreads Rating - 4.57/5

How do I help my child to thrive? To be healthy and happy, to fulfil his or her positive potentials, and to grow up to lead a good life? Every parent of an autistic child struggles daily with this question. Just trying to understand an autistic child's actions, feelings, and needs can seem like an overwhelming challenge. It doesn’t help that professional “experts” and the mass media bombard us with all sorts of harmful and terrifying misinformation about autism.

Fortunately, more and more parents are discovering an essential source of insight into autism: the writings of autistic adults. Who better to help us understand autistic children and their needs, than the people who have actually been autistic children?

Listening to the insights and experiences shared by autistic bloggers has helped Michelle Sutton to help her two autistic children to thrive. In The Real Experts, Michelle has collected writings from a dozen autistic authors, containing “insider” wisdom on autism that has been invaluable to her family. The result is an extraordinary resource for families with autistic children, and also for educators, therapists, and other professionals.

Library Reference: 231
| **Sleep and Your Special Needs Child**  
by Antonia Chitty, Victoria Dawson  
Average Goodreads Rating - 4.33/5  

Sleep is vital for children’s health, mood, behaviour, and learning ability. Research shows that children with additional needs are more likely to have sleep disorders than typically developing children, and that without intervention these problems will persist. Here, a successful sleep practitioner and a health writer share their own experiences, those of other sleep experts, and those of parents. While most parents of babies expect sleep problems to resolve within months, parents of children with special needs can find them lasting into adolescence and beyond. This is a pressing issue for parents, as disturbed sleep can cause depression, relationship problems, and a weakening of the immune system. The practical advice contained here is invaluable for parents who want to feel more in control and more confident about tackling sleep issues in a way that is appropriate for their child.  

**Library Reference: 232**  

| **Building Language Using LEGO® Bricks: A Practical Guide**  
by Dawn Ralph, Jacqui Rochester, Georgina Gómez de la Cuesta (Foreword)  
Average Goodreads Rating - 5.0/5  

*Building Language using LEGO® Bricks* is a flexible and powerful intervention tool designed to aid children with severe receptive and expressive language disorders, often related to autism and other special educational needs.  

This practical manual equips you for setting up and adapting your own successful sessions. Downloadable resources enable you to chart progress.  

**Library Reference: 234 & 235**  

| **Autistic Author**  
**Friendships: The Aspie Way**  
by Wendy Lawson  
Average Goodreads Rating - 2.77/5  

People with Asperger’s Syndrome have difficulty with interpersonal relationships, yet are well known to be loyal and dependable friends. Wendy Lawson felt she had a knack for upsetting people and was surprised to be told that she ‘did friendship rather well’. In her frank and thoughtful analysis of what makes and breaks friendships, she explores what it means to have friends or be a friend - even a friend to oneself; what happens when times are tough and friends are scarce; whether one can be a ‘good friend’ without effort; and what other kinds of friendships there are, whether
imaginary, animal or inanimate. These ideas are accompanied by practical examples, poetry and stories.

Insightful and relevant to people both on and off the autism spectrum, Friendships: The Aspie Way is a fresh approach to a universal issue in human relationships.

**Library Reference: 236**

**A Parents’ ABC of the Autism Spectrum**
by Stephen Heydt

Average Goodreads Rating - 3.5/5

Covering everything from Anxiety to Fragile-X Syndrome, Stephen Heydt provides an alphabetical categorisation of the possible issues a child with autism spectrum disorder (ASD) may encounter.

Written by an experienced clinical psychologist, this book offers information for parents whose children have been diagnosed with ASD, and is presented in an easy-to-use A to Z format. In a return to core understandings of ASD, the author translates difficult behavioural issues into practical information and strategies. Designed for parents and carers in a methodical order, *A Parent's Guide to ASD* will help explain the challenges of living with childhood ASD.

**Library Reference: 237**

**The PECS Training Manual**
by Lori Frost and Andy Bondy

Average Goodreads Rating - Not On Goodreads


The 2nd edition of this very popular training manual provides comprehensive instruction in implementing the Picture Exchange Communication System. Developed by Lori Frost and Andy Bondy, the goal of PECS is to provide individuals with an effective and functional method of communication. The Training Manual begins with a description of the Pyramid Approach to Education, which is the foundation for creating all PECS lessons. A detailed chapter on functional communication follows. Each of the 6 training phases is described according to rationale, training steps, frequently asked questions, helpful hints and sample data sheets. Extensive indices provide reproducible evaluation forms, data sheets, reinforcer worksheets, and communication programming worksheets.
| Library Reference: 238 | **Glad to Be Dan: Discover How Mindfulness Helps Dan to Be Happy Every Day**  
by Jo Howarth, Jude Lennon, Trevor Howarth (Illustrations)  
Average Goodreads Rating - 4.5/5  
Dan doesn’t feel very happy. In fact, he’s feeling sad. His mum’s on hand to help him out. But can she help Dan feel glad? Dan is having a bad week. He’s feeling sad, anxious and worried. His mum has some great ideas to help him feel glad to be Dan again. But will they work? This delightful and charming story includes mindful exercises to help young children learn how to cope with different emotions. |
by Cath Smith  
Average Goodreads Rating - 4.27/5  
'Sign Language Companion' aims to help young people become more fluent in British Sign Language by presenting signs that link ideas and concepts, and enabling students to construct their own combinations in everyday conversations. |
| Library Reference: 241 | **How to Promote Children’s Social and Emotional Competence**  
by Carolyn Webster-Stratton  
Average Goodreads Rating - 4.14/5  
This book shows how teachers can collaborate with parents in addressing children’s educational and emotional needs, and presents a variety of classroom management strategies. |
by Phoebe Caldwell, Jane Horwood  
Average Goodreads Rating - 3.56/5  
People with severe autism experience the sensory information they receive from the world completely differently to those not on the spectrum. They feel cut off and overwhelmed, and their behaviour can become very distressed. This handbook shows how we can engage with people who are non-verbal or semi-verbal and sometimes even those who have speech but lose the power to process it when they are in crisis. We can |
Help them to make sense of the world.

Intensive Interaction uses a person’s own body language to make contact with them and Sensory Integration develops the capacity of an individual to receive, process and apply meaning to information provided by the senses through targeted physical activities. These techniques can be used to develop an environment tailored to the particular sensory needs of the person with severe autism, reducing factors that cause distress.

With illustrations, case examples and a wide range of tried-and-tested techniques, this practical guide provides indispensable tools for parents, carers and other professionals supporting people with severe autism and other learning disabilities.

Library Reference: 246

The Kids’ Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses
by
Lauren Brukner, Apsley (Illustrations)

Average Goodreads Rating - 4.3/5

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control!

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress.

Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

Library Reference: 247
<table>
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<tr>
<th>Book Title</th>
<th>Authors</th>
<th>Average Goodreads Rating</th>
<th>Summary</th>
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<tr>
<td>Finding You Finding Me: Using Intensive Interaction to get in touch with</td>
<td>Phoebe Caldwell</td>
<td>4.2/5</td>
<td>Phoebe Caldwell's remarkable new book makes accessible for the first time the complex, intricate inner and sensory worlds of people whose learning disabilities are combined with autistic spectrum disorder and, often, difficult-to-manage behaviour. Based on many years of working with such people, many of whom have withdrawn into a world of their own, she explores the different sensory reality they experience, showing it to be infinitely more complex and varied than is widely understood. She introduces a practical approach known as Intensive Interaction, which uses the body language of such people - who have hitherto largely been regarded as unreachable - to get in touch with them, giving them a way of expressing themselves which shifts their attention from solitary self-stimulation to shared activity. The outcome is not only a marked improvement in behaviour and ability to communicate but, more important, many parents will say 'they are just much happier'. Covering not only the practical aspects of introducing this technique, but also the thinking behind it, this landmark book has much to say on behalf of a group that has in the past largely been denied a voice, and will open new avenues for both practice and research. It is invaluable for parents, carers, and all who work with this group.</td>
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<td>people whose severe learning disabilities are combined with autistic</td>
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<td>spectrum disorder</td>
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<td>Reframe Your Thinking Around Autism: how the polyvagal theory and brain</td>
<td>Holly Bridges</td>
<td>3.75/5</td>
<td>An easy to read book that offers a whole new paradigm for understanding and working with Autism. For parents, carers, teachers and health professionals Learn why the digestive system is affected by autism. Learn why some autists are non-verbal while others aren’t and why the autist finds it so hard to access their feelings and their heart.</td>
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<td>plasticity help us make sense of autism</td>
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<td>Title</td>
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<td>Fairytales Gone Wrong: Stinky Jack and the Beanstalk: A Story About Keeping Clean</td>
<td>Steve Smallman, Neil Price (Illustrator)</td>
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<td>3.47/5</td>
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<td>In Stinky Jack and the Beanstalk Jack refuses to wash and is smelly and dirty. When a beanstalk grows in his garden, Jack climbs up to spy on the giant at the top, but each time he visits the giant can smell him. When the giant finally catches him, Jack realises the importance of being clean.</td>
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<td>Fairytales Gone Wrong: Rapunzel, Rapunzel, Wash Your Hair!: A Story About Hair Hygiene</td>
<td>Steve Smallman, Neil Price (Illustrator)</td>
<td></td>
<td>3.92/5</td>
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<td>In Rapunzel, Rapunzel, Wash Your Hair! three princes try to rescue Rapunzel from her tower. However, Rapunzel never washes her hair so it’s greasy and filthy â?? too slippery to climb! Luckily one of the princes is a hairdresser and knows just how to save Rapunzel and her unruly hair. This series is a welcome addition for parents looking for picture books with a message.</td>
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<tr>
<td>Sleep Better!: A Guide to Improving Sleep for Children with Special Needs</td>
<td>V. Mark Durand</td>
<td></td>
<td>4.5/5</td>
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<td>When children have recurrent sleep problems, they and their families must deal with negative effects on behaviour, mood, social interactions, physical stamina, and performance at school or work. This book offers step-by-step, &quot;how to&quot; instructions for helping children with disabilities get the rest they need. For problems ranging from bedtime tantrums to night waking, parents and caregivers will find a variety of widely tested and easy-to-implement techniques that have already helped hundreds of children with special needs—especially children with autism, Tourette syndrome, and cerebral palsy.</td>
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<td>Written by a psychologist who was inspired by many sleepless nights with his own child, this book delivers proven techniques from the author's clinical and personal experience, making it a one-of-a-kind resource for families and professionals.</td>
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The Anger Box: Sensory turmoil and pain in autism
by Phoebe Caldwell

Average Goodreads Rating - 3.0/5

In her new book, Phoebe Caldwell, an expert practitioner with over 30 years’ experience working with people with learning disabilities, offers us a fresh insight into autism spectrum disorders. Shifting her attention away from presentation and symptoms alone, Phoebe explores and attempts to understand the sensory issues experienced by those on the spectrum and their neurobiological roots in an effort to find new ways of alleviating the distress that can characterise this condition.

The book explores the relationship between pain and external stimuli, trigeminal neuralgia, visual distortions, sensory overload, environmental and neurological factors implicated in the development of ASD, and a wide range of other areas.

Drawing upon her own wealth of experience, the experiences of people on the spectrum and new scientific research, Phoebe presents a fascinating and engaging exploration of life on the spectrum, richly textured, vibrant and above all informative.

Library Reference: 255

My Son's Not Rainman: One Man, One Boy, a Million Adventures
by John Williams

Average Goodreads Rating - 4.42/5

My Son's Not Rainman is a heartfelt and uplifting account of everyday events in the life of John and his son (The Boy). The Boy is 12 years old and autistic. He isn't a genius. His only special power is making his dad laugh. A lot. Following the success of the blog of the same name, John talks not just about the difficulties of having a child who is considered "different" but also the joy of living with someone who looks at the world in a unique way. This isn't a story about autism. It's a story about a young boy who happens to have autism, and there is a big difference. It does relate the struggles of getting a diagnosis for The Boy and the dismay of having his child excluded from schools. However, John very rarely dwells on the downside of his son's condition, preferring instead to look at the happiness and insight his son has given him. Funny and heart-warming, this is a book about living with the often frustrating and bewildering, but always fascinating, world of the autistic mind. It's about finding the positive in everything, from the joy and wonder of the Special School Disco to the unadulterated thrill of getting the front seat on the Docklands Light Railway. Ultimately, it's a celebration of what it really means to be different.

Library Reference: 256
All About Me: A Step-by-Step Guide to Telling Children and Young People on the Autism Spectrum about Their Diagnosis
by
Andrew Miller

Average Goodreads Rating - Not Yet Rated

Based on direct work with over 250 individual children, Andrew Miller wrote this book in order to provide parents and professionals with information, tools and guidance to help introduce children to autism in the absence of specialist support. This in-depth guide describes the practicalities of disclosure, including when to tell, who should do it and what they need to know beforehand with strategies to tailor your approach as every child’s experience will be different. Step-by-step instructions detail how to deliver the programme and produce with a child a personalised booklet containing information about their personal attributes and their autism.

These booklets and follow-up material help make disclosure a positive and constructive experience for everyone. Accompanying material can be downloaded online including questionnaires, examples of children’s booklets and flexible templates.

Library Reference: 257

CBT Workbook
by
Stephanie Fitzgerald

Average Goodreads Rating - 3.93/5

Do you want to find out how CBT can help you achieve your goals? Do you want to challenge and change your negative thoughts? Do you want to free yourself from depression, anxiety and low moods and embrace a happier way of life? This new Teach Yourself Workbook doesn’t just tell you how to use CBT to improve your life. It accompanies you every step of the way, with diagnostic tools, goal-setting charts, practical exercises, and many more features ideal for people who want a more active style of learning. The book helps you set specific goals to improve on; as you progress, you will be able to keep checking your progress against these goals. Specially created exercises will help you boost your skills and communication so that you can reach your potential in any situation.

Library Reference: 258
Shtum
by Jem Lester

Average Goodreads Rating – 4.14/5

Powerful, darkly funny and heart-breaking, Shtum is a story about fathers and sons, autism, and dysfunctional relationships.

Ben Jewell has hit breaking point. His ten-year-old son Jonah has severe autism and Ben and his wife, Emma, are struggling to cope.

When Ben and Emma fake a separation - a strategic decision to further Jonah's case in an upcoming tribunal - Ben and Jonah move in with Georg, Ben's elderly father. In a small house in North London, three generations of men - one who can't talk; two who won't - are thrown together.

A powerful, emotional, but above all enjoyable read, perfect for fans of THE SHOCK OF THE FALL and THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME.

Library Reference: 260

**AUTISTIC AUTHOR**

Fall Down 7 Times Get Up 8
by Naoki Higashida

Average Goodreads Rating – 4.1/5

Naoki Higashida was only thirteen when he wrote The Reason I Jump, a revelatory account of autism from the inside by a nonverbal Japanese child, which became an international success.

Now he shares his thoughts and experiences as a twenty-four-year-old man living each day with severe autism. In short, powerful chapters, Higashida explores school memories, family relationships, the exhilaration of travel, and the difficulties of speech. He also allows readers to experience profound moments we take for granted, like the thought-steps necessary for him to register that it's raining outside. Acutely aware of how strange his behaviour can appear to others, he aims throughout to foster a better understanding of autism and to encourage society to see people with disabilities as people, not as problems.

With an introduction by bestselling novelist David Mitchell, Fall Down 7 Times Get Up 8 also includes a dreamlike short story Higashida wrote especially for this edition. Both moving and of practical use, this book opens a window into the mind...
of an inspiring young man who meets every challenge with tenacity and good humour. However often he falls down, he always gets back up.

**Library Reference: 261**

**CBT Toolbox for Children & Adolescents**  
by  
Lisa Weed Phiefer DEd, NCSP; Amanda K Crowder MSW, LCSW; Tracy Elsenraat MA, LPC, ATR-BC; Robert Hull EDS, MEd, NCSP  
Average Goodreads Rating – 4.2/5

The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these unique and effective therapy tools are vital to teaching youth how to cope with and overcome their day-to-day struggles.

**Library Reference: 262**

**Girls Growing Up on the Autism Spectrum**  
by  
Shana Nichols with Gina Marie Moravcik & Samara Pulver Tetenbaum  
Average Goodreads Rating – 4.1/5

Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and "fitting in".

**Library Reference: 263**
**AUTISTIC AUTHORS**

What Every Autistic Girl Wishes Her Parents Knew
by Autism Women’s Network, Edited by Emily Paige Ballou, Kristina Thomas & Sharon daVanport

Average Goodreads Rating – 4.62/5

“What Every Autistic Girl Wishes Her Parents Knew” is the book that many of us wish our parents would have had access to when we were growing up. In this first anthology book release from the Autism Women’s Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.

Containing thoughtful and practical encouragement and support for parents, and compiled from the acquired wisdom and experience of autistic individuals, parents will find this collection of essays an invaluable resource for supporting their autistic daughters in developing strength, trust and confidence in themselves, and in the world.

Library Reference: 265

The Growing Up Book for Boys
by Davida Hartman, Illustrated by Margaret Anne Suggs

Average Goodreads Rating – 3.87/5

The Growing Up Book for Boys explains the facts behind the growth spurts, body changes and mood swings of adolescence for boys aged 9-14 on the autism spectrum.

The pre-teen and teenage years are a confusing time when bodies start acting with a will of their own, friendships change and crushes start to develop. Using direct literal language and cool colour illustrations, this book tells boys all they need to know about growing hair in new places, shaving, wet dreams and unexpected erections. It's full of great advice on what makes a real friend, how to keep spots away, and how to stay safe online. Most importantly, it explains that every body is amazing and unique and encourages young boys with autism to celebrate difference!

Library Reference: 266
Beautiful Oops
by Barney Saltzberg

Average Goodreads Rating – 4.54/5

A life lesson that all parents want their children to learn: It’s OK to make a mistake. In fact, hooray for mistakes! A mistake is an adventure in creativity, a portal of discovery. A spill doesn’t ruin a drawing—not when it becomes the shape of a goofy animal. And an accidental tear in your paper? Don’t be upset about it when you can turn it into the roaring mouth of an alligator.

An award winning, best-selling, one-of-a-kind interactive book, Beautiful Oops! shows young readers how every mistake is an opportunity to make something beautiful. A singular work of imagination, creativity, and paper engineering, Beautiful Oops! is filled with pop-ups, lift-the-flaps, tears, holes, overlays, bends, smudges, and even an accordion “telescope”—each demonstrating the magical transformation from blunder to wonder.

Library Reference: 267