

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Autism/ASD

- 
- Material Title:** **1001 Great Ideas for Teaching & Raising Children with Autism or Asperger's (Revised and Expanded 2nd Edition)**
- Author:** Ellen Notbohm, Veronica Zysk and Temple Grandin *Books* 2004 327
- This Revised and Expanded 2nd Edition contains more than 600 fresh ideas and tried-and-true tactics in excess to the original edition. Many ideas pick up where the first edition left off, offering modifications for older kids, honing in on Asperger's challenges, and enhancing already-effective ways to help your child or student achieve success at home, in school, and in the community.
- 
- Material Title:** **1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders**
- Author:** Ellen Notbohm and Veronica Zysk *Books* 2004 207 pages
- The 7 chapters in this book offer strategies and considerations regarding sensory integration, communication and language, behavior, daily living skills, social skills, teaching and education, and Special Education law. Not a book on theory, it offers page after page of practical, Martha Stewart style ideas that you or others working with your child can apply.
- 
- Material Title:** **2, 4, 6, 8 This is How We Regulate!; 75 Play Therapy Activities to Increase Mindfulness in Children**
- Author:** Tracy Turner-Bumberry *Books* 2018 192
- Learning verbal mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.
- 
- Material Title:** **Accessing the Healing Power of the Vagus Nerve; Self-Help Exercises for Anxiety, Depression, Trauma, and Autism**
- Author:** Stanley Rosenberg *Books* 12/05/2017 296
- This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve.
- Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.
- 
- Material Title:** **Activity Schedules for Children with Autism: Teaching Independent Behavior**
- Author:** Lynn E. McClannahan *Books* 1999 106 pages
- An activity schedule is a set of pictures or words that cues a child (or adolescent or adult) to engage in a sequence of activities. This book shows parents and professionals how to assess a child's readiness to use activity schedules; how to prepare activity schedules; how to use the schedules and monitor progress; etc.
- 
- Material Title:** **All Cats Have Asperger Syndrome \* (Children's Materials)**
- Author:** Kathy Hoopmann *Children's Books* 2006 65 pages
- Touching, humorous and insightful, this book evokes the joys and challenges of raising a child who is different. It leaves the reader with a sense of dignity, individuality and potential of people with Asperger Syndrome.
- 
- Material Title:** **Asperger Syndrome: Living Outside the Bell Curve (DVD)**
- Author:** DVD *DVDs* 2008 18 minutes
- This DVD looks at Asperger students in general and focuses on 12-year-old Andrew. Dr. Tina Iyama, M.D., U of Wisconsin Children's Hospital, explains causes, symptoms, and strategies for coping with Asperger Syndrome. Andrew shows that with appropriate supports it's possible to flourish outside the accepted social and educational bell curve.
- Subtitles for the deaf and hard-of-hearing (SDH) available.
-

## Autism/ASD

---

Material Title: **Asperger's and Girls**

Author: Tony Attwood, et. Al

*Books*

2006

150 pages

After Dr. Attwood's 4 and a half pages on Aspergers and girls, are essays from five women who are experts in the field and from three successful adult women diagnosed with Aspergers including Temple Grandin, Ph. D. They cover topics such as diagnoses, education, puberty, relationships, and careers; experts in the field share practical advice for both caregivers and the women and girls who are affected by Asperger's.

---

Material Title: **Autism and Asperger Syndrome**

Author: Uta Frith

*Books*

247 pages

The story of autism contains many puzzles, but none more tantalizing than the problem of the eccentric individual who appears to be both intellectually gifted and mentally handicapped and who finds it difficult to deal with everyday social interaction and communication. Such individuals are increasingly recognized as suffering from Asperger Syndrome. The argument presented in this book is that they suffer from a form of autism, but that they can compensate for this handicap to a remarkable degree. In this volume the foremost experts in the field discuss the diagnostic criteria of the syndrome, richly illustrated with examples from their clinical practices. Clinical accounts are balanced with personal accounts and some as yet preliminary research data. Asperger's classic paper is translated and annotated. The insights of this pioneer of autism have been unjustly neglected but reflect a very modern awareness of the many forms of autism and the wide range of individual differences in the men and women who suffer from this disorder. Asperger Syndrome individuals with their intellectual and linguistic ability and their desire for social adaptation are extremely vulnerable.

---

Material Title: **Autism Essentials DVD Training Program (DVD)**

Author: Monique Simpson

*DVDs*

2005

hrs. 15 min.

Every child with autism is unique. So no matter what therapy you choose for your child, you need a solid foundation of knowledge and understanding of their unique autistic features before deciding on the best course of treatment for them. The 8-disk DVD set "Autism Essentials DVD Training Program: is uniquely designed to rapidly increase your knowledge of your own child's sensory, emotional, thinking, learning and behavioural patterns. It will provide you with invaluable information and empower you with the skills and practical know-how to create a powerful vision for your child's treatment, giving you confidence and hope. You will learn some of the most effective strategies, techniques and therapy ideas to help your child. We show you what to do and take the time to explain exactly how to do it in ways that are easy to understand and apply. Without even realizing it, you will be creating a powerful, respectful, fun and motivating learning environment for your child. Companion Autism Essentials Training Program Manual is also available.

---

Material Title: **Autism Essentials Training Program Manual**

Author: Monique Simpson

*Books*

2004

148 pages

Companion training manual for Autism Essentials DVD Training Program. See description under DVD.

---

Material Title: **Autism Guidebook for Washington State: A resource for individuals, families and professionals**

Author: Autism Task Force

*Books*

July 2009

74 pages

This guidebook offers basic concepts in providing supports for individuals with Autism Spectrum Disorder (ASD). The ATF created a focus that provides familiarity with best practices in assessment, the provision of treatment and care, and some understanding of the arrangement and interrelationships of agency systems, laws and serves that apply. This information and recommended strategies and modifications were compiled by committees and agreed upon by the Caring for Individuals with Autism in Washington Task Force, referred to as the Autism Task Force or ATF.

---

Material Title: **Autism Spectrum Disorders, Pervasive Developmental Disorders**

Author: NIMH

*Books*

2004

40 pages

This is a detailed booklet that describes Autism symptoms, causes, and treatments, with information on getting help and coping.

In this book, you will learn:

- What Are the Autism Spectrum Disorders?
  - The Diagnosis of Autism Spectrum Disorders
  - Autism Treatment Options
  - Adults with an Autism Spectrum Disorder
  - Research into Causes and Treatment of Autism Spectrum Disorders
  - References
- 

Material Title: **Autism Treatment Guide**

Author: Elizabeth K. Gerlach

*Books*

998 (revised) 109 pages

This booklet is a list of autism treatments and resources for parents and professionals.

---

## Autism/ASD

---

Material Title: **Autism: Living with my Brother Tiger**  
Author: Linda Lee *Children's Books* 2006 56

Looks like a book for siblings...but actually for anyone who wants to really understand autism. The compelling true story of an 8-year-old boy whose life at three was suddenly turned upside down by the birth of his young brother, severely affected by autism. Witness his confusion as he describes the hardships he endured daily. Laugh with him at certain ludicrous situations. Feel his sadness as he describes the loss of his life as he once knew it. Watch through Jason's eyes as his brother slowly transforms from a child who had essentially no "human" characteristics, screamed endlessly, was vicious with himself and others, and rarely slept for most of his first two years, to a gentle, loving, five-year-old boy.

---

Material Title: **Be Different; My Adventures with Asperger's and My Advice for Fellow Aspergians, Misfits, Families, and Teachers**  
Author: John Elder Robison *Books* 03/20/2012 304

In *Be Different*, New York Times bestselling author of *Look Me in the Eye* shares a new batch of endearing stories about his childhood, adolescence, and young adult years, giving the reader a rare window into the Autistic mind.

---

Material Title: **Beyond Behaviors; Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges**  
Author: Mona Delahooke *Books* 3/19/2019 315

In *Beyond Behaviors*, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety.

Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

Neuroscience-based effective tools and strategies for children labeled with:

- Conduct Disorder
- Oppositional Defiant Disorder (ODD)
- Disruptive Mood Dysregulation Disorder (DMDD)
- Reactive Attachment Disorder (RAD)
- Sensory Processing Disorder (SPD)
- Anxiety & Depression
- Autism & Developmental or Learning Differences

And children who experience or have experienced:

- Aggressive, confusing and unpredictable behaviors
- Tantrums and meltdowns
- Disconnection or shutdown
- Adverse childhood experiences
- Trauma and toxic stress

---

Material Title: **Boy Called Bat, A**  
Author: Elana Arnold *Children's Books* 2017 208

Bixby Alexander Tam, or Bat, has autism. He has a high need for structure; anything out of the ordinary causes him anxiety. When his mother, a vet, is late coming home from work one day, Bat is panicked. His mother explains she has a good reason, and tells him about the baby skunk she has brought home. The mother skunk did not survive a car accident, but Bat's mom was able to save the kit, and they will raise him at home for a month until he is old enough to be released to a wild animal shelter. Bat, who wants to be a vet himself someday, is fascinated by the kit, named Thor by his sister. Feeling that no one will be able to care for Thor as well as he can, Bat tries to find a way to convince his mother to keep the kit as a pet.

---

Material Title: **Children with Autism (DVD)**  
Author: Foster Parent College *DVDs*

---

Material Title: **Differently Wired: Raising an Exceptional Child in a Conventional World**  
Author: Deborah Reber *Books* 2018 288

Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are—these are what Deborah Reber is calling the “differently wired” kids, the one in five children with ADHD, dyslexia, Asperger's, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard—struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what's normal, what's not, and how to handle it all.

But now there's hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger's, and is highly gifted), *Differently Wired* is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

## Autism/ASD

---

Material Title: **Early Start Denver Model for Young Children with Autism: Promoting Language, Learning and Engagement**

Author: Sally Rogers and Geraldine Dawson *Books* 2010 208 pages

From leading authorities, the state-of-the-art manual presents the Early Start Denver Model (ESDM), the first comprehensive, empirically tested intervention specifically designed for toddlers and preschoolers with autism. Supported by the principles of developmental psychology and applied behavior analysis, ESDM's intensive teaching interventions are delivered within play-based, relationship-focused routines. The manual provides structured, hands-on strategies for working with very young children in individual and group settings to promote development in such key domains as imitation; communication; social, cognitive, and motor skills; adaptive behavior; and play. Implementing individualized treatment plans for each child requires the use of an assessment tool, the Early Start Denver Model Curriculum Checklist for Young Children with Autism. A nonreproducible checklist is included in the manual for reference, along with instructions for use. This book is primarily intended for practitioners but parents are an essential member of the autistic child's interdisciplinary team and will benefit from the knowledge of this "innovative, evidence-based intervention."

---

Material Title: **Emergence: Labeled Autistic**

Author: Temple Grandin *Books* 1986 180 pages

Temple Grandin tells the story of how she went from a fear-gripped, autistic childhood to become a successful professional, a world leader in her field. An astonishing true story, a chronicle of perseverance, courage, and the loving wisdom of a few adults who saw in Grandin what others couldn't, *Emergence* offers new hope and insight into the tragedy of autism and the vast potential of the human spirit.

---

Material Title: **Fabric of Autism, The: Weaving the Threads Into a Cogent Theory**

Author: Judith Bluestone *Books* 2005 187 pages

Infused with rare insights into the impetus behind autistic behaviors, this book weaves the various threads of autism into a "make-sense" theory, hard won through personal experience and decades of study. From neuroscientific research, explanations of developmental processes and clinical outcomes emerge the probable causes of autism.

---

Material Title: **Food Refusal and Avoidant Eating in Children, Including Those with Autism Spectrum Conditions; A Practical Guide for Parents and Professionals**

Author: Gillian Harris *Books* 7/19/2018 232

Many children with Autism Spectrum Disorder (ASD) have a restricted dietary range, and this book provides parents with advice and training on how to deal with this condition and achieve a healthier and more balanced diet. Now described as Avoidant or Restrictive Food Intake Disorder (ARFID), it is due to sensory hypersensitivity, and it can impact upon the health of the child, upon the family, and upon social integration.

Based upon successful training packages the authors provide for parents and professionals, this book enables the reader to understand the condition and work with it, gradually increasing the range of food a child is able to eat. It includes 'box outs' with case studies, points of interest and action points to make this an accessible and resourceful read.

---

Material Title: **Girl Who Thought In Pictures, The: The Story of Dr. Temple Grandin**

Author: Julia Mosca Finley *Children's Books* 2017 40 pages

If you've ever felt different, if you've ever been low, if you don't quite fit in, there's a name you should know... Meet Dr. Temple Grandin—one of the world's quirkiest science heroes!

When young Temple was diagnosed with autism, no one expected her to talk, let alone become one of the most powerful voices in modern science. Yet, the determined visual thinker did just that. Her unique mind allowed her to connect with animals in a special way, helping her invent groundbreaking improvements for farms around the globe!

The *Girl Who Thought in Pictures: The Story of Dr. Temple Grandin* is the first book in a brand new educational series about the inspirational lives of amazing scientists. In addition to the illustrated rhyming tale, you'll find a complete biography, fun facts, a colorful timeline of events, and even a note from Temple herself!

---

Material Title: **I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism \* (Children's Materials)**

Author: Elaine Marie Larson *Children's Books* 2006 52 pages

Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that children with ASD possess. Each page of this playful alphabet book presents one of the children's many talents and abilities. The kid-friendly illustrations and clever text create a positive portrayal of children with ASD.

## Autism/ASD

---

Material Title: **I Have a Question About Death; Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs**  
Author: Arlen Grad Gaines and Meredith Englander Polsky *Children's Books* 2017 40

"What does it mean when someone dies?" "Why did someone I love have to die?" This book asks questions like these that a child might have about death before offering answers. It uses straightforward text and clear illustrations to explain what death means specifically to children with ASD and other Special Needs aged 5-11.

---

Material Title: **Inside the World of Autism**  
Author: Time Magazine *Journals/Newsletters* May 6, 2002 11 pages

The cover story is on Autism.

---

Material Title: **Introduction to Autism for Adoptive and Foster Families, An**  
Author: Katie & Helen Hunt & Rodwell *Books* 10/18/2018 248

Written for busy foster carers and adoptive parents, this book provides a concise introduction to Autism Spectrum Disorder (ASD), and how to support a child with a diagnosis. It emphasises the common strengths children with ASD have, as well as offering strategies for any behavioural issues that are likely to arise, highlighting how these can be exacerbated by the care system and adoption process

---

Material Title: **It's Raining and I'm Okay; A Calming Story to Help Children Relax When They Go Out and About**  
Author: Adele Devine *Children's Books* 08/21/2017 40

This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired at the end of a long day. Particularly suited to children with special needs and learning differences, including autism, symbols on each page help pre-readers begin to recognise words. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.

---

Material Title: **Just This Side Of Normal: Glimpses Into Life with Autism**  
Author: Elizabeth King Gerlach *Books* 1999 139 pages

In this collection of vignettes about raising a child with autism, Gerlach is able to convey the confusions, distress and yearnings of a parent who is deeply worried about her son, but she also shows moments of joy at watching this engagingly "different" child grow and learn.

---

Material Title: **Mind Apart, A: Understanding Children with Autism and Asperger Syndrome**  
Author: Peter Szatmari *Books* 2004 210

Why would a child refuse to talk about anything but wasp wings-or the color of subway train doors? What does it mean when a nine-year-old asks questions about death hundreds of times a day? And how can parents build a close relationship with a little girl who hates to be touched? In this compassionate book, leading autism authority Dr. Peter Szatmari shows that children with autism spectrum disorders act the way they do because they think in vastly different ways than other people. Dr. Szatmari shares the compelling stories of children he has treated who hear everyday conversation like a foreign language or experience hugs like the clamp of a vise. Understanding this unusual inner world-and appreciating the unique strengths that thinking differently can bestow-will help parents relate to their children more meaningfully, and make the "outer world" a less scary place.

---

Material Title: **My Next Steps: A Parents' Guide to Understanding Autism (DVD)**  
Author: University of Washington Autism Center *DVDs* 2008 1rs. 30 min.

This DVD serves as a road map for parents dealing with the first time diagnosis of a child with autism and seeks to provide answers to the many questions that arise during the journey through treatment. This DVD was funded by the Washington State legislature and produced by the University of Washington Autism Center. My Next Steps contains over 2.5 hours of content and is divided into two parts: "Part 1: What is Autism?" and "Part 2: What Can I Do?" (Spanish Language Subtitle Track Available)

"Mis próximos pasos: Una guía para padres sobre comprender el autismo"  
(Subtitulado en español)

Este DVD sirve como un mapa para padres que enfrentan la diagnosis de un niño con autismo y provee respuestas a las muchas preguntas que sobresalen durante el camino del tratamiento. Este DVD recibió fondos de la legislatura del estado de Washington y fue producido por El Centro de Autismo de la Universidad de Washington. "Mis Próximos Pasos" contiene más de 2.5 horas de material y está dividido en dos partes: "Parte 1: ¿Qué es el autismo?" y "Parte 2: ¿Qué puedo hacer yo?"

## Autism/ASD

---

Material Title: **Neurodiversity in the Classroom: Strength-Based Strategies to Help Students with Special Needs Succeed in School and Life**

Author: Thomas Armstrong Books 2012 184

A new concept on human diversity has emerged over the past 10 years that promises to revolutionize the way educators provide services to students with special needs: neurodiversity. Just as we celebrate diversity in nature and cultures, so too do we need to honor the diversity of brains among our students who learn, think, and behave differently. In *Neurodiversity in the Classroom*, best-selling author Thomas Armstrong argues that we should embrace the strengths of such neurodiverse students to help them and their neurotypical peers thrive in school and beyond.

This innovative book focuses on five categories of special needs: learning disabilities, attention deficit hyperactivity disorder, autism, intellectual disabilities, and emotional and behavioral disorders. For each category, Armstrong provides an in-depth discussion of

- \* The positive attributes associated with that category,
- \* Acclaimed neurodiverse adults who have excelled in their chosen fields,
- \* Computer programs and applications that allow students with special needs to overcome obstacles and achieve success,
- \* Rich networks of human resources both inside and outside of school that educators can draw upon to support the social and emotional lives of neurodiverse students,
- \* Innovative learning strategies that are tailored to each student's unique strengths,
- \* Future career paths for which a student's particular gifts might be a good fit,
- \* Modifications in the school environment that allow for seamless inclusion of neurodiverse students in the regular classroom, and
- \* Timely information about how to integrate the strategies and assessments for each category with the Common Core State Standards.

It's time that we focused on celebrating rather than pathologizing our students with special needs so that they can fully realize their potential in school and life. This practical and thought-provoking book will inspire teachers and administrators everywhere to make sure that all students with special needs get the support and strength-based instruction they deserve.

---

Material Title: **No Longer A SECRET: Unique Common Sense Strategies for Children with Sensory or Motor Challenges**

Author: Doreit Bialer Books 2011 238 pages

This invaluable resource by Dr. Lucy Jane Miller and Doreit Bialer helps teach cost effective, functional, on the spot tips to use for children with sensory issues at home, at school, or in a community setting. Any parent, teacher, or therapist can use this book and help a child with sensory or motor issues!

---

Material Title: **Oasis Guide to Asperger Syndrome, The: Advice, Support, Insight, and Inspiration**

Author: Patricia Romanowski Bashe, Barbara L. Kirby and Tony Attwoo Books 2001 435 pages

Part One describes what Asperger Syndrome is, what it looks like, and how it is diagnosed. Part Two, "Taking Control," discusses how to relate to having a child with AS, building the foundation for success, options and interventions, medication, and Special Education basics. Part Three, "The Whole Child," explores your child's emotional, social and school life and challenges of growing up.

---

Material Title: **On the Spectrum: Children and Autism (DVD)**

Author: First Signs DVD DVDs 2008 24 minutes

*On the Spectrum: Children and Autism* is a 24-minute educational video, created in collaboration with the UMDNJ-Robert Wood Johnson Medical School, The New Jersey Center for Outreach and Services for the Autism Community, Inc. (COSAC), and First Signs, Inc. The video outlines the diagnostic criteria for autism spectrum disorders, provides the guidelines for conducting a developmental screening, and describes how to relay developmental concerns to parents. Differences in development are vividly demonstrated through videotaped examples of typical and atypical behavior in children from four to thirty-six months of age. *On the Spectrum* draws upon clinical expertise, with interviews of some of the nation's top experts in the field. - descriptions adapted from First Signs, Inc. website.

## Autism/ASD

---

Material Title: **Parenting Across the Autism Spectrum: Unexpected Lessons We Have Learned**  
Author: Maureen F. Morrell and Ann Palmer *Books* 4/27/06 220

Maureen F. Morrell and Ann Palmer are raising two very different children: Justin, a whirlwind of activity and mood swings, who is supervised in a residential farm community, and Eric, quiet and passive, who lives independently at college. The authors give an account of the striking similarities as well as the stark differences in their experiences of parenting children at opposite extremes of the autism spectrum.

The two mothers speak openly about their children's diagnosis and early childhood through to adolescence, young adulthood and the day they leave home. They give a moving account of the challenges they faced and the surprising consolations they found along their sons' very different paths in life. Through their friendship and two decades of shared experiences of parenting an ASD child, each has gained a clear understanding of her own strengths and limitations, as well as those of her child.

Parenting Across the Autism Spectrum offers a personal perspective and practical guidance for parents at the start of their journey with autism, especially those whose children are newly diagnosed. It also provides useful insights for professionals working with individuals across the autism spectrum and their families. The book was elected the 2007 Autism Society of America's Outstanding Literary Work of the Year.

---

Material Title: **Parent's Guide to Asperger Syndrome and High-Functioning Autism, A: How to Meet the Challenges and Help Your Child Thrive**  
Author: Sally Ozonoff *Books* 2002 278

Asperger Syndrome and high-functioning autism are detected earlier and more accurately today than ever before. Children and teens with these disorders often stand out for their precocious intelligence and language abilities--yet profound social difficulties can limit every aspect of their lives. This hopeful, compassionate guide shows parents how to work with their child's unique impairments and capabilities to help him or her learn to engage more fully with the world and live as self-sufficiently as possible. From leading experts in the field, the book is packed with practical ideas for helping children relate more comfortably to peers, learn the rules of appropriate behavior, and participate more fully in school and family life. It also explains what scientists currently know about autistic spectrum disorders and how they are diagnosed and treated. Real-life success stories, problem-solving ideas, and matter-of-fact advice on everything from educational placements to career planning make this an indispensable reference that families will turn to again and again.

---

Material Title: **Parents' Practical Guide to Resilience for Preteens and Teenagers on the Autism Spectrum, The**  
Author: Jeanette Purkis *Books* 5/21/2018 202

This book empowers parents of autistic young people aged 11 to 20 to help them promote resilience in their child. Full of suggestions and simple activities, this easy-to-use resource will help guide parents on how to build the foundations of resilience and independence for situations such as negotiating sexuality and relationships, entering employment or living away from home.

It includes information about the main developmental stages for preteens and teens on the autism spectrum, and will take parents through life events and milestones at different ages and identify where difficulties and barriers to resilience may arise and how to address them.

---

Material Title: **Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help**  
Author: Mitzi Waltz *Books* 1999 400 pages

Designed for parents, adults diagnosed with PDD-NOS and Atypical PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

---

Material Title: **Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In - When to Worry and When Not to Worry**  
Author: Perri Klass, M.D. and Eileen Costello, M.D. *Books* 2003 360 pages

From the fourth-grade girl who never gets invited to a birthday party because classmates think she's "weird", to the geek who is terrific at math but is failing every other subject, quirky children are different from other kids in ways that they – and their parents – have a hard time understanding. They present a host of challenges that standard parenting books fail to address. Seasoned pediatricians Perri Klass and Eileen Costello provide expert guidance that families with quirky children so desperately need. Illuminating the confusing list of terms often applied to quirky children - from Asperger's Syndrome and "nonverbal learning disability" to "obsessive-compulsive behavior" and Sensory Integration Dysfunction, the authors also discuss various therapy options, coping strategies, and available medications. Most of all, they will help quirky kids lead rich, fulfilling lives at home, at school, even on the playground.

---

# Autism/ASD

---

Material Title: **Raising a Sensory Smart Child; The Definitive Handbook for Helping Your Child with Sensory Processing Issues**

Author: Lindsey & Nancy Biel & Peske Books 8/25/2009 512

For children with sensory difficulties - those who struggle process everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights - this groundbreaking book is an invaluable resource. Sensory processing challenges affect all kinds of kind - from those with developmental delays, learning and attention issues, or autism spectrum disorder to those without any other issues. Now in its third edition, Raising a Sensory Smart Child is even more comprehensive and helpful than ever.

---

Material Title: **Reason I Jump, The; The Inner Voice of a Thirteen-Year-Old Boy with Autism**

Author: Naoki Higashida Books 3/22/2016 208

Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know. Questions such as: "Why do people with autism talk so loudly and weirdly?" "Why do you line up your toy cars and blocks?" "Why don't you make eye contact when you're talking?" and "What's the reason you jump?" (Naoki's answer: "When I'm jumping, it's as if my feelings are going upward to the sky.") With disarming honesty and a generous heart, Naoki shares his unique point of view on not only autism but life itself. His insights—into the mystery of words, the wonders of laughter, and the elusiveness of memory—are so startling, so strange, and so powerful that you will never look at the world the same way again.

---

Material Title: **Sensational Kids; Hope and Help for Children with Sensory Processing Disorder (SPD)**

Author: Lucy Jane Miller Books 5/6/2014 464

Sensory Processing Disorder is an increasingly common diagnosis, with a wide range of symptoms that can be difficult for parents and pediatricians to identify. In Sensational Kids, internationally renowned expert Dr. Miller shares her more than forty years of experience and research findings on SPD. Now in its fourteenth printing, with more than 50,000 copies sold in all formats, it is an authoritative and practical guide to understanding and treating this little-understood condition.

Newly updated, this revised edition will include the latest research on SPD's relationship to autism, as well as new treatment options and coping strategies for parents, teachers, and others who care for kids with SPD. Other topics include:

The signs and symptoms of SPD

Its four major subtypes

How the disorder is diagnosed and treated sensory strategies to help SPD kids develop, learn and succeed, in school and in life.

---

Material Title: **Simple Autism Strategies for Home and School; Pracical Tips, Resources, and Poetry**

Author: Sarah Cobbe Books 3/21/19 328

Offering a unique overview of a child's point of view of life with autism, this guidebook will help parents and teachers better understand how this condition is experienced in day to day life. Organised by topic for easy reference, it explores the issues that can arise in everyday situations from toilet training to homework.

---

Material Title: **Sometimes Noise is Big; Life with Autism**

Author: Angela Coelho Children's Books 10/19/2017 40

Flipping the perspective for neurotypicals, this book explains in simple terms some of the sensory issues experienced by children with autism. It shows situations which can be overwhelming and the ways that somebody with autism might react when there is too much going on. This picture book raises awareness of autism and helps young children of all abilities to better understand these issues. Suitable for ages 5+.

---

Material Title: **Special Diets for Special Kids**

Author: Lisa Lewis Books 2011 239 pages

The first part of the book describes dietary intervention in detail, from both a scientific and a personal approach. Studies have shown that children with autism have a marked deficiency of enzymes that break down gluten and casein, which may explain why GFCF diets have yielded positive results for many children. The second part of the book is an easy-to-follow cookbook, containing over 200 recipes like: banana-nut pancakes; tortillas/wraps; shepherd's pie; chili; cakes and cookies; blueberry muffins; chicken nuggets; mock mac and cheese; turkey dressing - and many more!

## Autism/ASD

---

Material Title: **Ten Things Every Child with Autism Wishes You Knew**  
Author: Ellen Notbohm *Books* 10/1/2012 200

Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humor and compassion, the book describes ten characteristics that help illuminate—not define—children with autism.

Ellen's personal experiences as a parent of children with autism and ADHD, a celebrated autism author, and a contributor to numerous publications, classrooms, conferences, and websites around the world coalesce to create a guide for all who come in contact with a child on the autism spectrum. This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

---

Material Title: **That's My Child: Strategies for Parents of Children with Disabilities**  
Author: Lizanne Capper *Books* 1996 208

This book explores the different sources of formal and informal support available to parents with children who have all types of disabilities. Includes information on organizations, legal rights, special education, recreational activities, day care, and many other topics.

---

Material Title: **Thinking in Pictures and Other Reports from My Life with Autism**  
Author: Temple Grandin *Books* 1995 206 pages

In this unprecedented book, Grandin delivers a report from the country of autism. Writing from the dual perspectives of scientist and autistic person, she tells how that country is experienced by its inhabitants and how she managed to breach its boundaries to function in the outside world. What emerges is the document of an extraordinary human being, one who in gracefully and lucidly bridging the gulf between her condition and our own, sheds light on the riddle of our common identity.

---

Material Title: **Understanding Autism**  
Author: Geoffrey Cowley *Journals/Newsletters* July 31, 2001 9 pages

A Newsweek Magazine cover story on Autism. More Kids Than Ever Are Facing The Challenge of 'Mindblindness.' The Causes Are Still A Mystery, But Research Is Offering New Clues To How The Brain Works.

---

Material Title: **Uniquely Human; A Different Way of Seeing Autism**  
Author: Barry Prizant *Books* 7/19/2016 272

Autism therapy typically focuses on ridding individuals of "autistic" symptoms such as difficulties interacting socially, problems in communicating, sensory challenges, and repetitive behavior patterns. Now Dr. Barry M. Prizant offers a new and compelling paradigm: the most successful approaches to autism don't aim at fixing a person by eliminating symptoms, but rather seeking to understand the individual's experience and what underlies the behavior.

---