

PART 3: AUTISM SPECTRUM DISORDER SUPPORT

This is Part 3 of a 5-part series to showcase various types of support available to professionals, patients, and caregivers in a variety of formats (i.e. video clips, books, articles, etc.) for Autism Spectrum Disorders (ASD). Below, you will find the resources categorized into two sections, support immediately after an ASD diagnosis and for explaining about the ASD diagnosis. All parts within the series are as follows:

- Part 1: ASD-Early Identification
- Part 2: ASD-Prevalence and Comorbid Issues
- Part 3: ASD-Support
- Part 4: ASD-Treatment
- Part 5: ASD-Communicating with People Diagnosed with ASD

Support immediately after an ASD diagnosis:

- Autism Navigator has many family and professional resources available (e.g. side-by-side videos of toddlers to demonstrate signs/symptoms of ASD, general information describing ASD, courses to purchase, etc.). <https://autismnavigator.com/>
- Autistic Behaviors are Human Behaviors (2 minute video) http://barryprizant.com/https-www-youtube-com-watchvmlhov-szj0iab_channelsimonschusterbooks/
- The Hanen Centre's Autism Corner for parent information on building communication, coping with sensory needs, learning specific strategies to improve communication and interaction. <http://www.hanen.org/Helpful-Info/Autism-Corner.aspx>
- Uniquely Human by Barry Prizant <https://www.barnesandnoble.com/w/uniquely-human-phd-barry-m-prizant/1120678837#/>
- Valley Medical Center Children's Therapy general information about ASD as well as resources <https://www.valleymed.org/Our-Services/Childrens-Therapy/Autism/>

Addendum (added Aug. 2020)

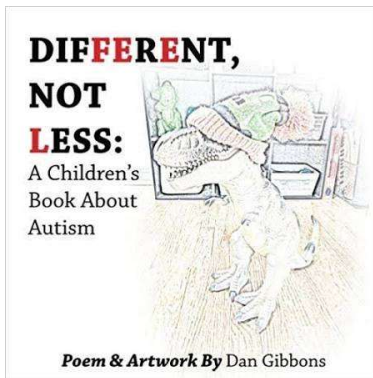
Important note to stress to medical providers: Patients with ASD and their families look toward their primary care physicians as members of their medical support system. As ASD is not unlike any other medical impairment, it is important for all providers to have discussions with their patients to discuss their understanding and treatment of the disorder, as well as, their patient's own unique strengths and challenges to influence their medical care decisions. As a result, this will allow more open conversations and the ability to empower patients to advocate for their individual needs.

Please use the PART 3 resources as guides listed below to discuss this disorder candidly with your patients.

Children's and Parent Books Explaining ASD Diagnosis

***NOTE: the summaries of the books and resources below were copied from common internet resources.

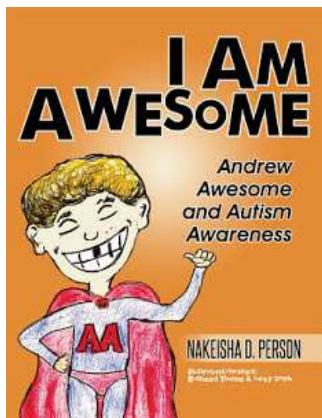
Ages: preschool through early elementary school



Different Not Less: A Children's Book About Autism by Dan Gibbons

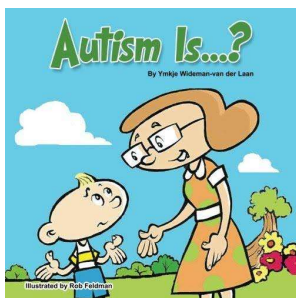
Children with autism can do amazing, incredible things! You can use this book to teach your child about Autism Spectrum Disorder. The poem will explain how those diagnosed are different, but also wish to be included in most social circles. The poem was written by a father of a son with ASD. This book will give you an opportunity to explain the diagnosis to your child when you believe they are able to understand. Different, Not Less: A Children's Book About Autism was written with children in mind. The text is big and bold, and runs down the page similar to list format. This should help avoid the skipping of words since it is easy for parents to

cover up words as the child reads. Each page also has a hidden word. Red letters mixed in with the black letters spell uplifting words for those diagnosed with autism. Can your child find them? Preschool-6 years ***



I Am Awesome: Andrew Awesome and Autism Awareness by Nakeisha Person

Andrew Awesome is a young boy having difficulty making friends due to having Autism. However, Andrew decides to inform his classmates about Autism and why it can be hard for him to communicate and make friends. In the end, Andrew not only makes new friends, he realizes that he is AWESOME despite having a disability. Preschool and up ***

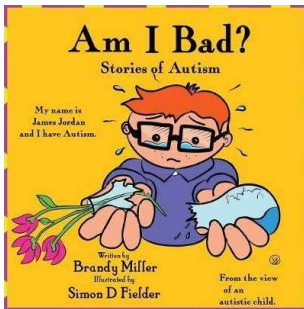


AUTISM Is...? By Ymkje Widerman-van der Laan

Logan overhears his grandma tell her friend he has autism, and he asks her, "Autism is...?" She explains it to him in this beautifully illustrated story. Autism Spectrum Disorder (ASD) is a disability that, according to new statistics released by the U.S. Centers for Disease Control and Prevention (CDC) on March 29, 2014, affects an estimated 1 out of 68 children (1 in 42 boys and 1 in 189 girls) in the US alone. It is a spectrum disorder because its impact on development can range from mild to severe. The areas of development most affected are social interaction and communication skills, difficulties with verbal and non-verbal communication, and leisure play. Someone wisely said, "If you have met one person with autism, you have met one person with autism." The characteristics are different with each unique individual, and so are the ways to interact, teach, and care for them. You may or may not wish to explain the term autism to your child at a young age, but if you do, I hope this book can help make it easier for you, as it did for me when explaining autism to Logan. His

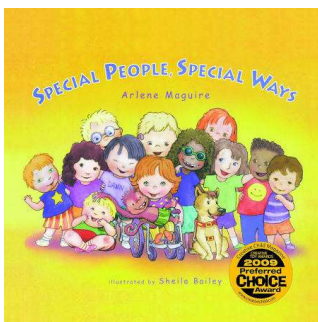


inquisitive mind wanted to know, and once he read this story, even before it was illustrated, he was satisfied with the answer. 4-8 years ***



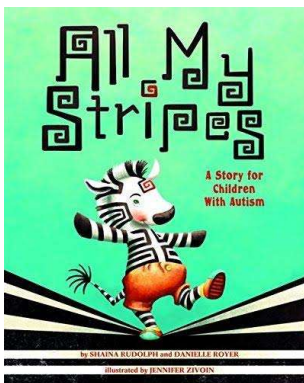
Am I Bad: Stories of Autism by Brandy Miller

Am I bad is a children's picture book from the viewpoint of an autistic child. This series will take you into the world of an autistic person's worldview. It is meant to show how they see the world. The series is based on my own son and my illustrations are done by an artist with ASD. 3-8 years ***



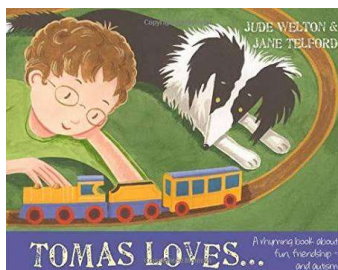
Special People, Special Ways by Arlene Maguire

Presenting a positive image of persons with disabilities, Special People, Special Ways shares the message that even though being different is painful at times, it can also be glorious. Maguire explains that although people may have something different about them, they share many similarities. 4-7 years ***



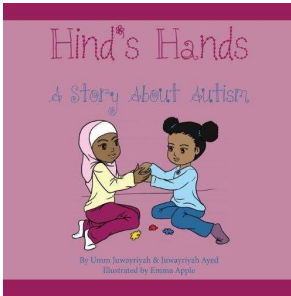
All My Stripes: A Story for Children with Autism by Shaina Rudolph and Danielle Royer

Gold Medal, Mom's Choice Awards This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special. Contains a Note to Parents by Drew Coman, PhD, and Ellen Braaten, PhD, as well as a Foreword by Alison Singer, President of the Autism Science Foundation. 4-8 years ***



Tomas Loves... A Rhyming Book About Fun, Friendship and Autism by Jude Welton and Jane Telford

This charmingly illustrated, rhyming book is a perfect introduction to autism for young readers aged 2 and over including siblings, friends and children on the autism spectrum themselves. It captures the world of Tomas - a little boy who loves trains, rhyming words and his dog Flynn and hates sudden noise and surprises. 2-6 years ***

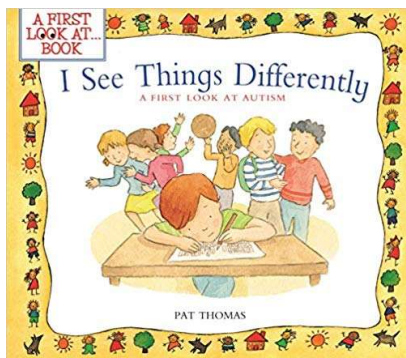


Hind's Hands: A Story About Autism by Umm Juwayriyah and Juwayriyah Ayed

From bestselling author and educator Umm Juwayriyah -- a story told by a big sister who learns coping skills to befriend and lead her autistic younger sister.

"You see, my sister Hind has Autism. And I know that sounds like a really big word, but it's not. Autism just means that Allah made her to learn and act and think differently than other kids her age." In the story Hind's Hands, big sister Juwayriyah learns just how special her younger sister is, despite the challenging

behaviors that she often has to deal with. Author Umm Juwayriyah collaborates with her oldest daughter, Juwayriyah Ayed on this book to help spread awareness about Autism. 4-8 years ***

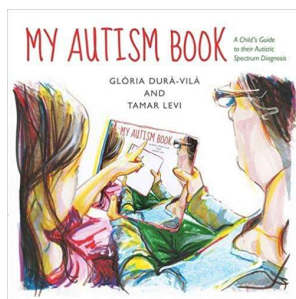


I See Things Differently: A First Look at Autism by Pat Thomas

Books in the "A First Look At..." series promote interaction among children, parents, and teachers on social, health, and emotional issues.

This book is intended for children who have siblings, classmates or friends with autism. Its aim is to promote understanding by explaining what autism is and what it feels like from the perspective of the child with autism. It also acknowledges the difficulties that those who are not autistic sometimes have in understanding those who are. 4-7 years ***

Ages: elementary school

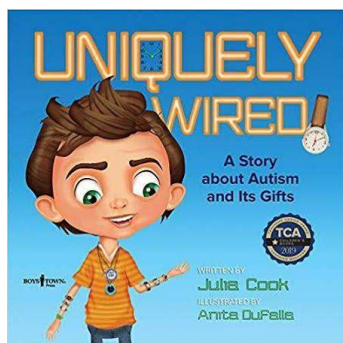


My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis by Tamar Levi and Gloria Dura-Vila

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.

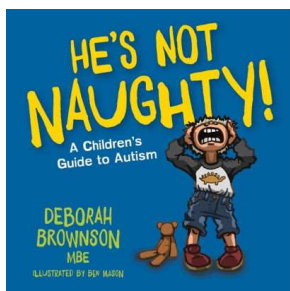
When a child is diagnosed with an Autism Spectrum Disorder (ASD), parents often feel overwhelmed and uncertain about how to communicate the diagnosis to their child. This book is designed to be read with the child as a simple introduction to their diagnosis. Written by a doctor and a children's

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 colorful 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. 5-9 years ***



Uniquely Wired: A Story About Autism and Its Gifts by Julia Cook

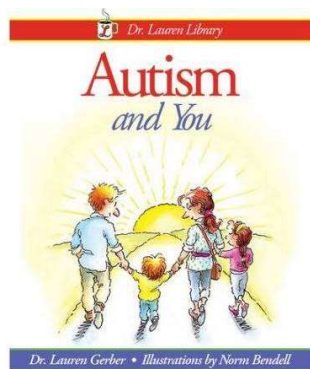
Zak has autism, so he sometimes responds to the world around him in unconventional ways. As he describes his point of view, young readers gain a better understanding of his behaviors and learn valuable lessons about patience, tolerance, and understanding. 5-8 years ***



He's Not Naughty: A Children's Guide to Autism by Deborah Brownson MBE

Taryn and Jake are best friends who have lots of similarities and lots of differences. One of the differences is that Jake has autism and Taryn doesn't, which means they can act differently sometimes. Taryn knows that people with autism are often mistaken for being naughty when it's actually a natural way for their brain to react. Fed up with everyone not understanding, Taryn decides to let the world know why Jake isn't naughty! Join Taryn as she candidly explains her understanding of autism, and why there's always a reason behind

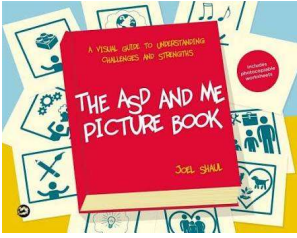
everything Jake does. This distinctively illustrated book is a quick and quirky way to explain to friends and family why children with autism behave the way they do. Unique visuals provide a great sense of what it's truly like to have autism, making this the perfect book for children aged 6-10 to learn about autism. ***



Autism and You by Dr. Lauren Gerber

From psychologist Dr. Lauren Gerber comes Autism and You, a unique introduction to autism featuring educational material for both children and adults. Meet Billy, a boy with autism, as he shares his experiences, feelings, and plans for the future. Learn from a comprehensive collection of resources for parents, teachers, and other adults. 6-12 years ***

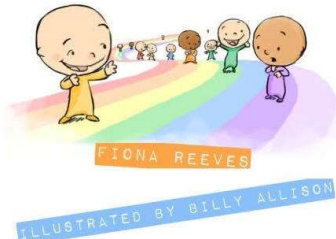
Ages: elementary school through mid teens



The ASD and Me Picture Book: A Visual Guide to Understanding Challenges and Strengths by Joel Shaul

Learn to build individual strengths and work through problems with this picture-based guide for children with ASD aged 7-14. The use of images and photocopiable worksheets creates a simple and fun resource for identifying what you are good at and how to use those skills to deal with personal challenges. 7-14 years ***

The children's guide to Autism



The Children's Guide to Autism by Fiona Reeves

The Children's Guide to Autism is a charming, encouraging and positive, short, fact based description of what Autism can be like and is aimed at younger children (roughly 6 - 9 years). It's a great way to start talking to your child about autism (perhaps they have just received a diagnosis, or have an autistic friend). The author wrote the book to explain Autism to her son after his diagnosis, and to his friends, in a factual way rather than a story about a specific character with very specific symptoms, as Autism isn't like that, it's a spectrum condition and no two people are the same. The book was first published during World Autism Awareness Week 2015. The section titles

are: different brains, the Autism spectrum, understanding people, the right words, communicating, noticing details, senses, coping with change and difference is great! 6-9 years ***

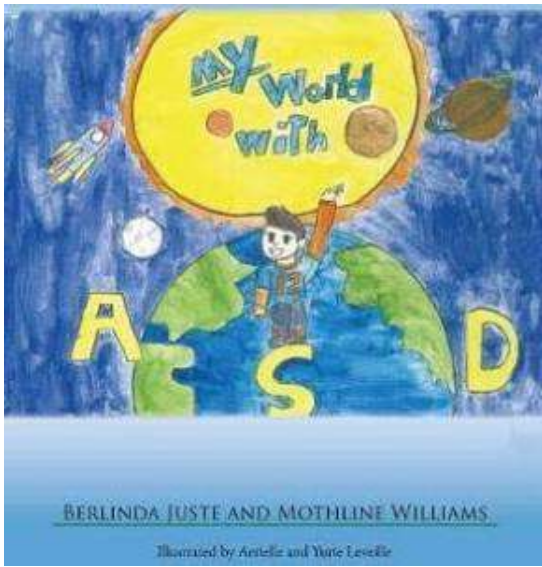
Ages: unknown



The Superhero Brain: Explaining Autism to Empower Kids by Christel Land

This story speaks to children who have autism, and explains to them what it means in a way that leaves them feeling empowered and able to make their dreams come true. The story refers to sensory issues as -special powers- and explains how living with autism can be awesome and at the same time also feel tricky sometimes. The Superhero Brain is written by a mother to her autistic son. The story was initially only intended to be for her son, to help him better understand himself, but has since turned in to a book available

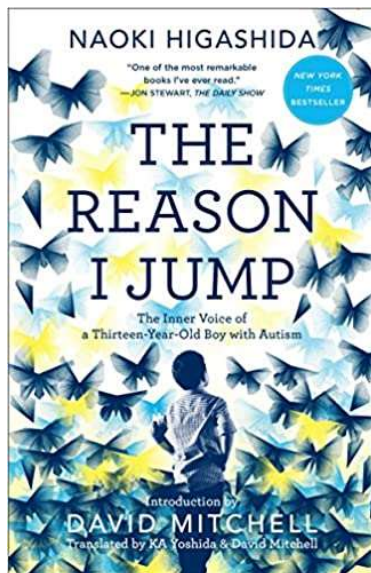
for everyone to share with their children. The book is part of a series, and if your family is living with autism, you may also want to take a look at Christel Land's other title -The Superhero Heart-, which explains living with autism to brothers and sisters in the same empowering, magical way. ***



My World with ASD by Berlinda Juste and Mothline Williams

A young boy with autism spectrum disorder (ASD) describes his life with ASD. He also tries to explain what ASD is through examples in his life. He does this by describing how he reacts and feels in different events in his life so that both children and adults can understand what ASD is and have more awareness of this disorder. This story also depicts this young boy's life from childhood to adulthood and shows how people with ASD can overcome adversity and live normal lives. Not only can they live normal lives, but they can also become very successful people! My World with ASD is a story that will inspire both children and adults. It gives a sense of hope for anyone who has a child with ASD or facing any challenges in their lives. It

also shows how love and support from family or friends is a big part of the growth and development of a child with ASD. This story will help anyone facing any challenges in their life to be hopeful and encouraged. It will especially encourage anyone raising a child with ASD to feel optimistic and proud. My World with ASD will definitely turn your world around! ***

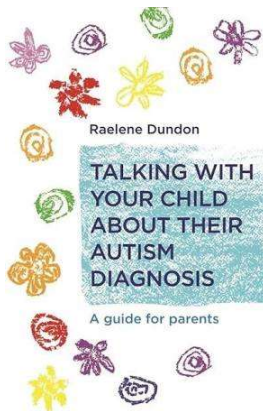


The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida

Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one, at last, have a way to break through to the curious, subtle, and complex life within.

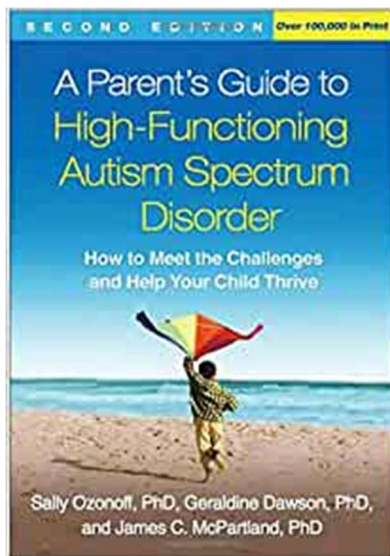
Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know. Questions such as: "Why do people with autism talk so loudly and weirdly?" "Why do you line up your toy cars and 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. ***

Parents



Talking With Your Child About Their Autism Diagnosis: A Guide for Parents by Raelene Dundon

For parents coming to terms with their child's autism diagnosis, this guide is both a practical tool and a source of moral support. Helping you decide who needs to know about the diagnosis and how to explain it, it includes photocopiable worksheets designed to help your child understand what autism is. ***



A Parent's Guide to High-Functioning Autism Spectrum Disorder, 2nd Edition: How to Meet the Challenges and Help Your Child Thrive by Sally Ozonoff

Over 100,000 parents have found the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome, in this indispensable guide. Leading experts show how you can work with your child's unique impairments--and harness his or her capabilities. Vivid stories and real-world examples illustrate ways to help kids with ASD relate more comfortably to peers, learn the rules of appropriate behavior, and succeed in school. You'll learn how ASD is diagnosed and what treatments and educational supports really work. Updated with the latest research and resources, the second edition clearly explains the implications of the DSM-5 diagnostic changes. ***

Social Media & Other Resources

Sesame Street and Autism [Sesame Street https://autism.sesamestreet.org/](https://autism.sesamestreet.org/)



In the U.S., 1 in 54 children is diagnosed on the autism spectrum (ASD). In fact, almost every school and university in the country has students with autism. While the diagnosis is common, public understanding of autism is not. The lack of understanding about the condition can make life even more difficult for children with autism. A recent study reveals that they are five times more likely to be bullied than their peers—treatment no child should endure. While it's true there

can be significant differences between people with autism and their peers, all children want the

same things: to feel safe, happy, and loved. And all children have something to contribute—unique perspectives and talents that help make the world a richer and more interesting place. That's why Sesame Workshop created Sesame Street and Autism: See Amazing in All Children, a nationwide initiative aimed at communities with children ages 2 to 5. Developed with input from parents, people who serve the autism community, and people with autism, See Amazing in All Children offers families ways to manage common challenges, to simplify everyday activities, and to grow connections and support from family, friends, and community. ***

Open Doors for MultiCultural Families

<https://www.multiculturalfamilies.org/resources/disability-specific-resources/>

Autism Resources available in Arabic, Bosnian, Burmese, Chinese, English, French, Japanese, Korean, Nepali, Russian, Somali, Spanish, Swahili, Thai, and Vietnamese