



## The Survival Guide for Kids with Autism Spectrum Disorders : And Their Parents

By Elizabeth Verdick and Elizabeth Reeve

Free Spirit Publishing, 2012. Softcover. Book Condition: New. 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 behaviors 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. ? This book is designed to be a resource for the entire ?team of...



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