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TITLE	AUTHOR
A Stranger Among Us	Lisa Ackerson Lieberman
Danielle the Duck	Shelly Weiss
Dillion the Dolphin	Shelly Weiss
Ella the Elephant	Shelly Weiss
Everybody Is Different	Fiona Bleach
I See Things Differently	Pat Thomas
Intimate Relationship and Sexual Health	Catherine Davies and Melissa Dubie
Kids in the Syndrome Mix ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More!	Martin Kutscher
Late, Lost, and Unprepared	Joyce Cooper-Kahn and Laurie Dietzel
Optimistic Parenting	Mark Durand
Out and About	Jill Hudson and Amy Bixler Coffin
Stacy the Shark	Shelly Weis
Sleep Well on the Autism Spectrum	Kenneth J. Aitken
Steps to Independence	Bruce Baker and Alan J. Brightman
The Parent's Guide to Down Syndrome	Jen Jacobs and Mardra Sikora
The Potty Journey	Judith Coucouvanis
The Ziggurat Model	Ruth ASpy and Barry Grossman
Toilet Training for Individuals with Autism or other Developmental Issues	Maria Wheeler
Uniquely Human	Barry Prizant
Visual Supports for People with Autism	Marlene Cohen and Peter Gerhardt
Willow the Walrus	Shelly Weiss

Book Summaries

1. **Sleep Well on the Autism Spectrum**

Kenneth J. Aitken

Problems with sleeping are common and make life difficult for the individual who is affected and for those around them. Sleep difficulties are particularly prevalent amongst people with autism spectrum disorders (ASD) and often cause or worsen other difficulties. The author discusses sleep in depth, including how we currently define and understand it. The full spectrum of sleep disorders is explained alongside the range of possible treatment approaches. The book also examines why some sleep problems are more common among people with an ASD than others, how sleep problems evolve over time, what can be done to treat them and the likely benefits from different treatments.

2. **I See Things Differently**

Pat Thomas

This book helps children understand what autism is and how it affects someone who has it and is a wonderful catalyst for discussion that will help children to better understand and support autistic classmates or siblings. Titles in the sensitively presented *A First Look At* series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

3. **Everybody is Different: A Book for Young People Who Have Brothers or Sisters with Autism**

Fiona Bleach

Many brothers and sisters of young people have a hard time understanding what autism is and why their siblings with autism spectrum disorder do what they do. This book helps with answers to the many questions brothers and sisters have about their siblings. This book explains in basic terms the characteristics of autism, this book is full of helpful suggestions for making family life more fun and comfortable for everyone.

4. **Visual Supports for People with Autism: A Guide for Parents and Professionals**

Marlene Cohen

Visual supports: any pictorial, graphic, or scheduling aid, are excellent tools for teaching academic, daily living, and self-help skills to people with autism. This reader-friendly and practical book shows teachers, parents, and service providers how to make low-tech visual supports, and offers strategies for using them.

5. **Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More! The one-stop guide**

Martin L. Kutscher

The completely updated and expanded new edition of this well-established text incorporates DSM-5 changes as well as other new developments. The all-in-one guide covers the whole range of often co-existing neuro-behavioral disorders in children from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and anxiety to autism spectrum disorders, nonverbal learning disabilities, Tourette's, sensory integration problems, and executive dysfunction. Dr. Kutscher provides accessible information on causes, symptoms, interactions with other conditions, and treatments. He presents effective behavioral strategies for responding to children who display traits of these disorders, whether at home, at school, or in other settings, along with case vignettes and practical tips. Finally, a chapter on the role of medications summarizes current knowledge.

6. **Steps to Independence: Teaching Everyday Skills to Children with Special Needs** Bruce Baker and Alan Brightman

Parents are their children's first and most influential teachers. That's an important job, and this popular, highly respected guidebook makes it much easier. A trusted resource for thousands of families, this lively book gives parents of children from age 3 through young adulthood proven strategies for teaching children the life skills they'll need to live as independently as possible. Parents will start with a reader-friendly overview of the basics of teaching and then go deeper with a step-by-step guide to teaching seven different types of skills: get-ready, self-help, toilet training, play, self-care, homecare, and information gathering skills. In this fourth edition, they'll also find helpful updates and additions, such as an expanded

7. **Toilet Training for Individuals with Autism or other Developmental Issues**

Maria Wheeler

Toilet training can be a battleground for parents and children. In this book, the only one on the market dealing with the specific issues involved in toilet training children with autism, Maria Wheeler offers a detailed roadmap for success, based on over 20 years of experience. Simple lists offer over 200 dos and don'ts, along with more than 50 real-life examples. Learn, among other things, how to: gauge readiness, overcome fear of the bathroom, teach how to use toilet paper, flush, and wash up and deal with toileting in unfamiliar environments

8. The Potty Journey: Guide to Toilet Training Children with Special Needs, Including Autism and Related Disorder

Judith Coucouvanis,

Toilet training children with autism and related disorders is fraught with countless challenges stemming from the very core of their unique characteristics. The communication and sensory issues alone can create formidable barriers. As a result, typical strategies are frequently ineffective when used with children with special needs. Using a no-nonsense, often humorous approach, the author shares strategies that have produced remarkable results for parents of children with autism and related disorders nationwide. Promising no "quick fixes," *The Potty Journey* systematically guides you through the entire toileting journey, step-by-step, to the ultimate destination: dry pants

9. Uniquely Human: A Different Way of Seeing Autism

Dr.

Barry Prizant

This book is filled with inspiring stories taken from years of experience working with individuals with autism spectrum disorder (ASD). The author encourages readers to look at individuals with ASD differently, not as persons with an unfortunate disability but as people who are uniquely human.

10. The Parent's Guide to Down Syndrome

Jen Jacob and Mardra Sikora

In this book the authors share their experiences and guide you through life with Ds with expert advice from diagnosis to adulthood. This book will teach you ways to support your child through major milestones; nurture their development; and ensure that they succeed behaviorally, socially, and cognitively.

11. Late, Lost, and Unprepared

Joyce Cooper-Kahn and Laurie Dietzel

This book is full of practical strategies and tips to support families and educators of children from elementary school through high school who are challenged by weak executive function skills. Despite their best efforts, children who struggle with executive function skills may need support in areas such as organization, impulse control, self-monitoring and working memory.

12. Optimistic Parenting: Hope and Help for You and Your Challenging Child

Dr. V. Mark Durand

Learn how to get there with this groundbreaking guide to confident, skillful, and positive parenting. A book you'll want to share with every family you know, *Optimistic Parenting* helps moms, dads, and other caregivers develop more positive thoughts and perceptions—a key ingredient of successful parenting and effective behavior management. One of the most highly regarded experts on challenging behavior—and a parent himself—Dr. V. Mark Durand delivers both philosophical hope and practical help to parents of children with a wide range of challenges. With keen insight, gentle humor, and practical tools and strategies.

13. A Stranger Among Us, Hiring In-Home Support for a Child with Autism Spectrum Disorders or Other Neurological Differences

Lisa Ackerson, forward Cathy Pratt

Making the decision to bring a "stranger" into your home to care for your child is a difficult one. This book will help with the process of hiring in-home care providers. This book starts out discussing the pros and cons of hiring in-home care providers for children with autism spectrum and other neurological disorders. The author breaks down the process and takes the reader step-by-step through the various stages, starting with assessing the needs of the child and the family, including their core values, to advertising for, interviewing, hiring, and training a care provider. Even parents who are only looking for occasional respite care will find this a valuable resource.

14. The Ziggurat Model

Ruth Aspy and Barry Grossman

The Ziggurat Model is a guide for designing comprehensive behavior interventions for individuals of all ages with autism spectrum disorder. The Model is being used to help individuals with ASD across the globe. The Ziggurat Model book won the Autism Society's award for Literary Work of the Year.