

## Autism Outreach Project Resource Library: Family Issues

TITLE	AUTHOR (S)	TYPE	CATEGORY	DESCRIPTION
Asperger Parent, The: How to Raise a Child with Asperger Syndrome and Maintain Your Sense of Humor	Jeffrey Cohen	Book	Family Issues	Cohen looks at the emotions and day-to-day experiences associated with being a parent of a child with Asperger's Syndrome with a sense of humor and honesty. With an easy-to-read, anecdotal tone, this book provides information and support without being clinical or dry.
Autism: A World Apart	Films for the Humanities	Video	Family Issues	This documentary features three children, ages four, six, and eighteen, who are all autistic. The program shows how each family has learned to cope. It also shows the enormous difference that special education can make in enabling autistic children to lead happier and more fulfilled lives and giving their families hope and relief.
Beyond Gentle Teaching	John McGee	Book	Family Issues	A non-aversive approach to helping those in need, this book is for caregivers - those who care for and about children and adults.
Bringing Up a Challenging Child at Home: When Love is Not Enough	Jane Gregory	Book	Family Issues	Author describes her life with her oldest child difficult behavior, the effects on the family, and her attempts to understand the reasons behind it. Offers practical advice for parents and insight for professionals.
Brothers, Sisters, and Special Needs	Deborah Lobato	Book	Family Issues	This book shows professionals and parents how they can help a child's understanding of disability or chronic illness develop in a healthy, adaptive direction during the preschool and elementary school years. An explicit curriculum and activity guide designed especially for children ages 3 - 8.
Child with Special Needs, The	Stanley Greenspan & Serena Weider	Book	Family Issues	Based upon over twenty years of practice and research, this book enables parents to understand their unique child in a new way. Divided into three sections: discovering each child's unique strengths, developmental capabilities, and challenges; encouraging emotional growth; and family therapy and school. The authors present their step-by-step approach that enables the child to master important developmental milestones.
Children Apart	Lorna Wing	Book	Family Issues	Views parents as active agents for positive change in the lives of their autistic children. Wing is a parent of a daughter with autism.
Children with Autism: A Parent's	ed Michael Powers, Psy.D.	Book	Family Issues	A unique book which provides an introduction to autism

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Guide, 2nd edition				while focusing on the needs and concerns of persons with autism. Comprehensive, easy-to-understand information includes diagnosis, treatment, daily care, legal rights, advocacy, child development, autistic adults, and special education. ASA Literary Achievement Award - 1990.
Children with Fragile X Syndrome: A Parent's Guide	ed Jayne Weber	Book	Family Issues	The first book of its kind, Children with Fragile X Syndrome provides a complete, sensitive introduction to Fragile X, an inherited, genetic condition caused by a mutation on the X chromosome. This guide is written by renowned professionals and experienced parents, who offer an in-depth look at the issues and concerns affecting children and their families. It covers: diagnosis; parental emotions; therapies and medications; development; early intervention; education; daily care; legal rights; and advocacy.
Dangerous Encounters: Avoiding Perilous Situations with Autism	Bill Davis & Wendy Goldband Schunick	Book	Family Issues	A guide for all emergency responders, retailers, and parents, this book uses easy-to-follow steps and guidelines to explain what to look for and how to successfully handle serious situations when a person with autism is involved.
Dear Charlie: A Guide for Living Your Life with Autism	Earle P. Martin, Jr.	Book	Family Issues	This book is a personal message for Charlie, a child with autism, from his grandfather. Parents, family members, and other individuals will find these humane insights to be poignant, thought provoking, and inspiring.
Early Intervention & Autism: Real-Life Questions, Real-Life Answers	James Ball, Ed.D., BCBA	Book	Family Issues	Hands-on tools and strategies for parents to start working with a newly diagnosed child with autism. In an easy-to-read, question-answer format, the author explains what makes your child tick, how to get the most out of early intervention services, and how to choose the most effective treatment options.
Effects of Autism on the Family	ed by Eric Schopler & Gary Mesibov	Book	Family Issues	Professionals focus on parent-professional collaboration in the treatment of autistic and communication-handicapped children -- explaining techniques for dealing with parents as co-therapists and primary agents in the development of their child.
Estate Planning for Families of Persons with Disabilities	Susan Hartley, John Stewart, & Margo Tesch	Book	Family Issues	Designed to assist families of individuals with disabilities in planning for the future. The information provided may also be useful to attorneys, advocates, and others interested.
Everyday Solutions: A Practical	Mindy Small, M.A. & Lisa	Book	Family Issues	This book is full of helpful suggestions, teaching and

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Guide for Families of Children with Autism Spectrum Disorders	Kontente, ACSW			support for caregivers of individuals with ASD. Professional experience combined with the practical knowledge of parents has produced a true godsend for families of children with autism. This manual gives parents the tips they need to tackle simple tasks that parents of typically developing children take for granted.
Everything You Need to Know When a Brother or Sister is Autistic	Marsha Rosenberg	Book	Family Issues	This wonderful book for children ages 10 and up is a must for all families who have children with an autistic sibling. It simply yet honestly explains and describes the spectrums of autism, diagnosis and treatment, the feelings ranging from guilt to resentment to isolation that the sibling might be experiencing, and how the sibling can help him/herself and where to go for help. A great book for opening communication between the sibling and parents.
Finding Our Way: Practical Solutions for Creating a Supportive Home and Community for the Asperger Syndrome Family	Kristi Sakai	Book	Family Issues	Written by the mother of three children, all of whom have Asperger Syndrome, this humorous, heartfelt book offers valuable insights and practical supports for everyday school and family issues. This book is a wonderful resource for both the parents looking for help and the professionals working with these families.
For Parents, By Parents: A Resource Guide	Parent Network of Interdisciplinary Council of Developmental and Learning Disorders	Book	Family Issues	This resource guide was written by the parent committee of the Interdisciplinary Council on Developmental and Learning Disorders (ICDL). to aid parents as they search for assistance for their special needs children. The 2003 edition contains seven tabbed sections : Overview, Therapeutic Approaches, Biomedical Interventions, Sensory Processing, Educational Interventions, Law and Advocacy and Glossary.
Freeing your Child from Obsessive-Compulsive Disorder	Tamar E. Chansky, Ph.D.	Book	Family Issues	Many children diagnosed with an autism spectrum disorder also have a co-morbid diagnosis of obsessive-compulsive disorder (OCD). The author, a leading psychologist who specializes in childhood OCD, wrote this handbook with the goal of creating a parent's roadmap to OCD and its complexities. This valuable resource provides much-needed information including understanding OCD, diagnosis and treatment options, and how to tailor treatment to your child's needs. In addition to the practical, step-by-step guidelines, the book is also filled with inspiring words from Dr. Chansky and the children with whom she has worked.

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Getting the Best for Your Child with Autism: An Expert's Guide to Treatment	Bryna Siegel, Ph.D.	Book	Family Issues	One of the world's leading authorities on autism guides parents through the complex maze of treatment options. She shows how to obtain an accurate assessment of a child's strengths and weaknesses, and then provides step-by-step guidance to help parents develop a plan of action tailored to their child's individual learning style, verbal abilities, and social skills.	New
Helping Your Anxious Child: A Step-by-Step Guide for Parents	Ronald M. Rapee, Ph.D., et al	Book	Family Issues	Now in its second edition, this book has been expanded and updated to include the latest research and techniques for managing child anxiety. Learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion.	New
Keys to Parenting the Child with Autism	Marlene Brill	Book	Family Issues	This book explains what autism is and how it is diagnosed. You get advice on identifying resources, working with the therapeutic community, ensuring an appropriate education as defined by law, and helping each child with autism develop his or her potential.	
Laying Community Foundations for Your Child with a Disability	Linda Stengle, M.H.S.	Book	Family Issues	If you're the parent of a child with a disability, this book is of critical importance to you. Laying Community Foundations emphasizes the need to begin now to build a caring community of people who will provide emotional support and guidance for your child after your death. Chapters discuss: how to assess your child's needs; how to foster long-term relationships for your child; where to look for relationships; how to ask people for a commitment; and independent living arrangements.	
Living with Autism: The Parents' Stories	Kathleen Dillon, Ph.D.	Book	Family Issues	Dillon surveys parents regarding their experiences raising a child with autism. The goal is to educate parents, families, and friends of those with autism through first hand accounts and to provide policy makers with information so that informed decisions regarding individuals with autism are made.	
One Small Starfish	Anne Addison	Book	Family Issues	Written by a successful businesswoman and mother, this comprehensive guide is filled with practical, easy-to-implement strategies, sample communications tools and data gathering techniques for improving the quality of family life.	
One-on-One: Working with Lower	Marilyn Chassman	Book	Strategies/Curriculum	New therapy ideas that helped an older lower-functioning	

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Functioning Children with Autism and Other Developmental Disabilities (formerly titled Pieces to the Puzzle)				child gain skills. This book contains alternatives to hand-over-hand approaches to teaching matching skills and repetitive labeling. Chassman also describes the development and use of photo communication systems, sensory issues, toilet training, aggressive behavior problems and more.	
OT and SLP Team Approach, An: Sensory and Communication Strategies that Work	Nancy Kashman, BS, LOTR, & Janet Mora, MA, CCC-SLP	Book	Strategies/Curriculum	Practical advice and workable strategies to treat dysfunction in sensory integration and communication disorders through an integrated team approach. Drawing on their extensive experience, the authors demonstrate how an integrated team approach increases therapeutic effectiveness while maximizing the benefits of the available treatment resources.	
Other Half of Asperger Syndrome, The	Maxine C. Aston	Book	Family Issues	Based on academic research as a qualified couples counselor specializing in this area and from her own personal relationship experiences, the author uses quotations and real-life examples to illustrate her points with a compassionate understanding. This book is an essential guide for couples and counselors, providing strategies for successful relationships.	
Out of Silence	Russell Martin	Book	Communication	This book tells the story of a boy who spoke at 18 months and then saw his language skills disappear. He was diagnosed with autism and his family's struggle to restore his speech and language provides the story line for this work.	
Out and About: Preparing Children with Autism Spectrum Disorders to Participate in their Communities	Jill Hudson & Amy Bixler Coffin	Book	Strategies/Curriculum	This book provides a framework for identifying the areas where an individual with ASD may need support to participate more fully and successfully in community outings. This framework can be used with children across the spectrum at all age and developmental levels and for any community outing.	New
Out-of-Sync Child, The	Carol Stock Kranowitz, M.A.	Book	Sensory	This book offers new insights into SI Dysfunction - a frequently misdiagnosed problem in which messages from the senses are not processed correctly by the central nervous system. Chapters include information on how to recognize SI Dysfunction, determine which senses are affected, and drug-free treatment options.	
Out-of-Sync Child, The	Carol Stock Kranowitz,	Video	Sensory	This informative and clearly presented video guide to	

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	M.A.			Dysfunction in Sensory Integration (DSI) provides a drug-free approach that offers new hope for parents. First identified decades ago by an occupational therapist, DSI is a common problem in which messages from the senses are not correctly processed by the central nervous system. This video offers comprehensive, easily understood information on Dysfunction in Sensory Integration.	
Out-of-Sync Child Has Fun, The	Carol Stock Kranowitz, M.A.	Book	Sensory	This book features more than one hundred playful activities that are SAFE - Sensory-motor, Appropriate, Fun and Easy - to help develop and organize a child's brain and body. These activities are a great way to counteract Sensory Integration Dysfunction.	
Overcoming Autism: Finding the Answers, Strategies, and Hope That Can Transform a Child's Life	Lynn Kern Koegel, Ph.D., & Claire LaZebnik	Book	General Autism	This extraordinary book is co-authored by a leading clinician, researcher, and cofounder of the renowned Autism Research Center at UC Santa Barbara and a writer whose experience with a son with autism provides a rare window into the disorder. This book provides both information on practical teaching strategies as well as being warm, nurturing, and surprisingly funny.	
Paid for the Privilege: Hearing Voices of Autism	Dan Reed	Book	General Autism	This book includes heartwarming, heartrending stories from a treatment center revolutionized through the introduction of facilitated communication. The author was hired to find employment for people who were segregated from the social and economic mainstream. He soon learned he had more to learn than to teach. The stories Reed records tell of acute sensitivities, insight and wisdom.	
Parent Survival Manual	Eric Schopler	Book	Family Issues	Compiled from anecdotes told by parents of autistic and developmentally disabled children and analyzed by professional behavior therapists, this book illustrates effective solutions to behavior problems such as aggression, communication, preservation, play and leisure, eating and sleeping, and toileting and hygiene. Covers both individualized solutions to behavior problems and suggestions for obtaining community support - offers the autism-affected family quick reference to solutions to the most difficult behavior problems as well as systematic analysis for individualized application to new problems.	
Parent Workbook and Guide to Picture Language, A	Joanne M. Cafiero, Ph.D.	Book	Communication	This workbook is a guide for parents on the use of visual languages with children within the autism spectrum and	New

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				other disabilities. Language stimulation strategies and examples of picture language boards and graphic organizers are provided. Examples of language boards are included as models for creating customized communication boards for each individual and situation.	
Parenting Across the Autism Spectrum	Maureen F. Morrell & Ann Palmer	Book	Family Issues	This book, written by two mothers of children with autism, offers personal and practical guidance for parents, especially those whose children are newly diagnosed, and useful insights for professionals. Winner of the 2007 Autism Society of America Literary Work of the Year.	New
Parenting the ADD Child	David Pentecost	Book	Family Issues	Children with ADD and ADHD can be a parenting nightmare. They can be disruptive and destructive and do not respond to guidance like other children. Medication can help - is there anything the parent can do? This book brings together for the first time a variety of tried and tested methods in a unique, comprehensive and accessible format that will not be found elsewhere. It goes beyond the identification of the symptoms to tackle the changes parents can make, ensuring that behavior problems associated with ADD and ADHD are managed and reduced.	
Parents are Teachers: A Child Management Program	Wesley C. Becker	Book	Family Issues	Designed to help parents learn to be more effective teachers of their children. The program is based on the latest knowledge of teaching methods growing out of the science of behavior.	
Parent's Guide to Asperger Syndrome & High-Functioning Autism, A	Sally Ozonoff, PhD, Geraldine Dawson, PhD,, & James McPartland	Book	Family Issues	If you are the parent of a children with Asperger Syndrome or high-functioning autism, this is the book for you. Leading psychologists explain how to work with your child's paradoxical combination of precious talents and social difficulties to help him or her learn to engage more fully with the world. The book describes useful strategies and features everyday problem-solving ideas and examples.	
Parent's Guide to Autism, A: Answers to the Most Common Questions	Charles A. Hart	Book	Family Issues	An essential handbook for anyone facing autism, this book gives parents the very latest in information about testing and treatments, while offering the reassurance they need to raise their children to adulthood. Presented in a question-and-answer format, this book efficiently addresses topics such as: symptoms and types of autism; possible causes; therapy options; treatment alternatives; facilitated communication; choosing a school; insurance and legal	

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Parent's Introduction to Behavior Modification, A	Jim Wilson	Book	Family Issues	rights; and available resources.  This book is written for the parents of children with autism or pervasive developmental disorders. It is written by a parent and serves well as a concise description of behavior modification as it is applied to the treatment of young children. It provides an overview of behavior modification to anyone that needs a clear and concise description of this important training technique.
Paying the Bills: Tips for Families on Financing Health Care	New England SERVE	Book	Family Issues	For many families, the system for financing health care in this country is just not working. This is a booklet written by parents who have children with special needs. The parent authors have tapped their own experiences, as well as those of other families and professionals, in order to share information and techniques for getting payment for children's health care. Includes tips in the following areas: getting started, making your child's health insurance work for your family, making public programs work for you, tackling medical bills, influencing decision-makers, documenting your child's special needs, changing decisions, cost savings, finding other sources of funding, and connecting with other families.
Professional's Guide to Estate Planning for Families of Individuals with Disabilities	Susan Hartley & John Stewart	Book	Family Issues	A comprehensive book covering future planning, wills, guardianship, benefit preservation, financial planning options, and trusts. Susan Hartley is Director of Life Plan Trust, a nonprofit future planning organization co-sponsored by the Autism Society of North Carolina.
Sibling Stories: Reflections on Life with a Brother or Sister on the Autism Spectrum	Lynne Stern Feiges & Mary Jane Weiss	Book	Family Issues	The book is an intriguing mixture of facts and experiences that will benefit both siblings and parents. An outstanding contribution to our understanding of the feelings for and the relationships that siblings have with their brothers and sisters with autism spectrum disorders. The first-hand accounts of the siblings who were interviewed and the authors' varied suggestions for coping and living a satisfying life make this an invaluable resource.
Siblings of Children with Autism: A Guide for Families	Sandra Harris, Ph.D.	Book	Family Issues	The needs of a child with autism can be so all-consuming that parents may unintentionally overlook the needs of the child's brother or sister. This book helps parents become more aware of relationships between their children, and balance each family member's needs. Parents discover

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Sibshops: Workshops for Siblings of Children with Special Needs	Donald J. Meyer & Patricia F. Vadasy	Book	Family Issues	successful ways to address the needs of <u>all</u> their children without shortchanging themselves.  This practical resource details Sibshops, the award-winning program that brings together siblings of children with special needs to express their feelings, provide support, and share information in a recreational atmosphere. From start to finish, this illustrated source book describes how to organize a Sibshop, and can be used by teachers, parents, and other professionals.
Sleep Better! A Guide to Improving Sleep for Children with Special Needs	V. Mark Durand	Book	Family Issues	This book offers professionals and parents step-by-step, "how to" instructions for addressing a variety of sleep problems and implementing widely tested, largely drug-free techniques that have already helped hundreds of children with special needs. The book provides valuable tips and information for parents whose children have problems with sleeping.
Steps to Independence: Teaching Everyday Skills to Children with Special Needs	Bruce L. Baker, Alan J. Brightman	Book	Family Issues	This practical guidebook provides proven strategies for teaching independence and life skills to children from age 3 through adulthood. Included are chapters on teaching self-help skills such as eating, dressing, and grooming; toilet training; play skills; home-care skills; and functional academic skills. This updated edition also includes information on managing behavior challenges, strengthening partnerships, and using technology.
"Stranger" Among Us, A: Hiring In-Home Support for a Child with Autism Spectrum Disorders or Other Neurological Differences	Lisa Ackerman Lieberman, MSW, LCSW	Book	Family Issues	This book provides detailed information about how to find quality in-home care for children with ASD and other neurological differences. Included are comprehensive discussions of many different topics and issues surrounding this process as well as checklists of steps to take and questions to ask. A must-have resource for anyone considering in-home care.
Uncommon Fathers: Reflections on Raising a Child With a Disability	ed by Donald Meyer	Book	Family Issues	A compelling collection of essays by fathers who were asked to reflect and write about the life-altering experience of having a child with a disability. Nineteen fathers have taken an introspective and honest look at this deeply emotional subject, offering a seldom-heard perspective on raising children with special needs.
Visual Recipes: A Cookbook for	Tabitha Orth	Book	Family Issues	This unique cookbook, aimed at addressing the needs of

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Non-Readers				individuals with autism and other developmental disabilities, uses clear photographs and easy-to-follow directions to allow independence in the kitchen. Included are steps to prepare basic, familiar foods; oatmeal, toast, bologna sandwiches, hot dogs, tater tots, sliced apples, hot chocolate, and more. Short, concrete written directions accompany each visual step, although a non-reader can follow the recipes as well.
What About Me? Growing Up With a Developmentally Disabled Sibling	Siegel & Silverstein	Book	Family Issues	A collection of stories about living with a handicapped sibling - has a strong autism presence, but applies to siblings with all types of handicaps.
What Autism Means to Me	Caspian Banki & Lynne Banki	Book	Children's Book/Family Issues	This book, written by a child with autism with "a little help from his mom" is a heartwarming look into the world of an autistic child. He does a great job of expressing himself and providing his peers with a window into his world.
When a Brother or Sister is Autistic: Everything You Need to Know	Marsha Sarah Rosenberg	Book	Family Issues	This book, written for readers in grades 5-9, provides a brief overview of autism and its characteristics, information on diagnosis and treatment, and devotes several chapters to sibling issues.
When Autism Strikes: Families Cope With Childhood Disintegrative Disorder	Robert Catalano	Book	Family Issues	About the rare and mysterious pervasive developmental disorder known as Childhood Disintegrative Disorder (or Heller's Syndrome), in which children lose previously acquired skills and develop the symptoms of autism after several years of apparently normal development. With an introduction by autism expert Fred Volkmar, the book presents the stories of eight families of children with CDD, including the editor's own son Thomas, and Jordan Schulze (the subject of his father Craig's book "When Snow Turns to Rain"), as they struggle to cope with and find an explanation for their children's devastating regression.
When I'm Away From Home	Jean Camis	Book	Family Issues	A workbook designed to provide specific information about the individual care requirements of a disabled child for anyone responsible for them. It includes a description of the child's medical and physical needs, their daily routine and a section which they can fill in themselves about their personality, preferences, and habits. This workbook will benefit everyone involved: it will be an invaluable resource for the caregiver; the child, who may find understanding and adapting to change particularly difficult, will benefit

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from the continuation of their everyday routine; and it may help to alleviate the anxieties of a parent or caregiver when they entrust their child into someone else's care.