

Can I Tell You About Autism A Guide For Friends Family And Professionals

While fighting with his best friend and college roommate over a girl, Jake says something he regrets, then begins communicating only through notes and letters, but when he wants to tell the girl how he really feels about her, his silence and penchant for puns get in the way.

Meet Max - a boy with Tourette syndrome (TS). Max invites readers to learn about Tourette's from his perspective, helping them to understand what tics and triggers are and what it feels like to have TS. He explains how living with TS can sometimes be difficult, and how people around him can help him to feel happy and accepted. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and other professionals working with children with TS. It is also an excellent starting point for family and classroom discussions.

This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect their family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier for her.

A boy named Tom describes what life with autism is like, explains the challenges he faces, and suggests ways for parents and educators to help those who suffer from the condition.

Meet David - a boy with Down syndrome. David invites readers to learn about Down syndrome from his perspective, helping them to understand what Down syndrome is and how it affects his daily life. He explains that he sometimes needs extra help at home and school and suggests ways that those around him can help him to feel supported. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers, social workers and other professionals working with children with Down syndrome. It is also an excellent starting point for family and classroom discussions.

Meet Briony. Briony has always wanted to be a firefighter - they seem so brave! Firefighters stay calm during really difficult circumstances, and train to be able to rescue people in life-threatening situations. How do firefighters get to be so courageous? Are they born with that kind of courage? Or is it developed through their training? What is moral courage, and are there other kinds of courage? Where do they come from? The ideal conversation starter for children aged 7+, this illustrated guide will open discussion as to what courage means, the different types of courage, and how to be courageous rather than rash.

Twenty-five philosophy professors discuss jealousy, feminism, desire, freedom, soul mates, pornography and whether the good life can be attained without true love as they uncover the connections between philosophy and romantic love. Original.

Meet Joseph - Joseph is curious to understand more about forgiveness. He lost his sister's brand new football. Although she forgave him, he feels really bad. Can he forgive himself? He told his friend Billy a big secret, but Billy has betrayed his trust and told other kids at school. Should he forgive Billy, especially when he is yet to say sorry? Joseph's friend George is being bullied at school by Jasper. If George forgives Jasper, could Jasper go on to bully others in the future? This illustrated book is the ideal

conversation starter for children aged 7+ to explore what forgiveness means, what it is and isn't and when it might and might not be appropriate.

Meet Issy – an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

Meet Sophie - a girl with cerebral palsy (CP). Sophie invites readers to learn about CP from her perspective, helping them to understand what it is like to use a wheelchair to move around and assistive technology to communicate. She also introduces readers to some of her friends who have different forms of CP and explains that living with CP can sometimes be difficult, but there are many ways she is supported so that she can lead a full and happy life. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and professionals working with children with CP. It is also an excellent starting point for family and classroom discussions.

Discusses selective mutism, explaining how those suffering from the disorder experience intense fear and panic in social situations, and offers suggestions for how parents and educators can help those afflicted.

Meet Kit - a 12 year old undergoing medical transition - as he talks about gender and the different ways it can be explored. He explains what it is like to transition and how his friends, family and teachers can help through talking, listening and being proactive. With illustrations throughout, this is an ideal way to start conversations about gender diversity in the classroom or at home and suitable for those working in professional services and settings. The book also includes a useful list of recommended reading, organisations and websites for further information and support.

One hot sticky summer three very different sisters, each with something to hide, descend on their granny . . . Susan has just broken up with her fiancé, but she isn't exactly telling the full story. Felicity, elegant and successful, usually spends her brief holidays on top of a mountain or shopping on Fifth Avenue, so how come she's spending so long 'just chilling out'? And Marianne, carefree and feckless, perennially on the run from boyfriends and jobs, what kind of a mess has she got herself into this time? Add to the mix an intriguing long-lost cousin, and Angela, their long-suffering granny . . . well, something has to give and when it does the girls' lives will be transformed for ever.

Introducing Adam, who has Asperger syndrome -- Reading feelings -- Tones of voice -- Playing with others -- Loud noises -- Confusing groups -- Unexpected change -- Motor skills -- Special interests -- What is Asperger syndrome? -- How to help -- How teachers can help.

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be

adopted, the experiences and challenges that follow the adoption process, and how they can help. Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

Alfie invites readers to learn about asthma from his perspective and describes what it feels like to have an asthma attack, how to use an inhaler, what the common triggers are and how people around him can help. The appealing illustrations make it an ideal introduction for children and a great resource for parents, friends, teachers and nurses.

Meet Ellie – a young girl with epilepsy. Ellie invites readers to learn about epilepsy from her perspective. She introduces us to some friends who help present the varying forms of epilepsy. Ellie and her friends help children to understand the obstacles that they face by telling them what it feels like to have epilepsy, how it affects them physically and emotionally, how epilepsy can be treated and how the condition is often misunderstood by people who do not know the facts. This illustrated book is full of useful information and will be an ideal introduction for children from the age of 7. It will also help parents, friends, and professionals to make sense of the condition in its varying forms and will be an excellent starting point for family and classroom discussions.

What does it mean to be Jewish? Are there different ways of being Jewish? Can you be Jewish but not religious? In this friendly guide, 12-year-old Ruth explains the different ways a person can experience being Jewish, by introducing us to her family and friends. Documenting the lived experience of being Jewish, the book contains diary entries covering festivals, rituals, ethics, and what a relationship with God entails, as well as more challenging topics such as Israel, the Holocaust and anti-Semitism. Providing an excellent starting point for discussion with children, it also includes a helpful list of recommended sources for further information.

Meet Harry – a young boy who stammers. Harry invites readers to learn about what it is like to stammer from his perspective and how it affects his daily life and makes him feel. He talks about techniques that can help reduce stammering and describes how friends, family and others can help him to feel at ease and reduce his stammer further. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and speech therapists working with children who stammer. It is also an excellent starting point for group discussions at home or school.

Meet Fred - a man who has had a stroke. Fred invites readers to learn about what it is like to have a stroke from his perspective, helping them to understand the challenges faced by someone who has had a stroke and the ways in which they might have to adapt their lifestyle. He also gives advice on how to offer support to someone who has had a stroke, from diagnosis through to rehabilitation. With illustrations throughout, this useful book will be ideal for anyone who knows someone who has had a stroke, from child to adult. It will help readers to understand and explain what a stroke is and encourage open discussion among family members, carers and friends.

Each illustrated book in this series is designed for parents and professionals to use with children ages 7-up to help explain difficult concepts and features a cartoon character that explains a particular brain disorder. Original.

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Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively, and how even simple things such as washing, dressing and coping with meal times can be challenging for him. He also talks about difficulties he faces at school and why large groups and loud noises are especially hard. He explains how other people can have different sensory processing issues and talks about what he and those around him can do to help. This illustrated book is ideally suited for readers aged 7 and upwards and occupational therapists, teachers, parents, family members and friends of those with sensory processing difficulties.

Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. He helps children understand the difficulties faced by a child with AS - he tells them what AS is, what it feels like to have AS and how they can help children with AS by understanding their differences and appreciating their many talents. This illustrated book is ideally suited for boys and girls between 7 and 15 years old and also serves as an excellent starting point for family and classroom discussions. This is the casebook of the world's only officially recognized UFO encounter that took place in the UK in December 1980. Previous accounts of the Rendlesham Forest incident have been flawed: people with axes to grind and little access to primary sources and discreditable single eyewitness accounts. Georgina Bruni has had access to police, Ministry of Defence and US military sources and her casebook reveals fresh information on the incident and the possible alien encounter that ensued. It includes interviews with those involved as well as other never-before-reported incidents in the area. The casebook also reveals details of the aftermath and the harsh treatment meted out to those who wavered from the "don't ask, don't tell" line of officialdom. 'While twenty years have passed, she brings new light to this story that just won't go away...'

Major General Gordon E. Williams, USAF (Retired) Sam is a young boy with Dyscalculia, a lifelong condition that affects a person's ability to process numbers. It is now often compared to the way in which children with dyslexia struggle to process words. Written and illustrated from Sam's perspective, this is an excellent guide for helping children aged 7+ to understand and navigate Dyscalculia. Identifying signs, symptoms and co-occurrence in child-friendly terms, Sam's story provides children with the reassurance and encouragement they need to seek help at home and at school. It also provides practical and powerful techniques for overcoming their symptoms, building self-confidence and achieving great success in life. For parents and teachers, it builds awareness around the profound and often crippling effect that Dyscalculia can have on various aspects of a child's day-to-day life, including their relationships with friends and family. It includes invaluable guidance on how to help at home and at school, as well as an extensive list of resources for those seeking additional support.

Meet Katie - a teenager with Obsessive Compulsive Disorder (OCD). Katie invites readers to learn about OCD from her perspective, helping them to understand what it is, how her obsessions and compulsions affect her daily life, and how people around her can help. With illustrations throughout, this will be an ideal introduction to OCD for both young people and older readers. It shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home.

Meet Maya. Maya always tries to be polite, and to remember to say 'thank you' but she wants to learn what it means to be truly grateful. Should she be grateful to her teachers for their hard work, even though they're only doing their job? Does she need to say thank you for the

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gifts she doesn't really like - like the pink scarf Nani gave her last birthday? And when Laura gives her some earrings but later asks to copy her history project in return, should Maya be grateful and give her the thank you letter she has written? This illustrated book is an ideal conversation starter for children aged 7+, helping them to understand what gratitude means, recognise when it is appropriate, and develop their own ability to be genuinely grateful.

Meet Megan - a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help. With illustrations throughout, this will be an ideal way to explore anxiety difficulties. It shows family, friends and teachers how they can support someone who experiences anxiety and will be an excellent way to start a conversation about anxiety, in the classroom or at home.

Meet Debbie - a young girl with diabetes type 1. Debbie invites readers to learn about this type of diabetes from her perspective, describing how it feels to have high and low blood sugar levels. She explains how she can monitor her blood sugar and controls it with medication. Debbie also talks about the challenges of having diabetes and lets readers know how she can be helped and supported. This illustrated book is ideal for young people aged 7 upwards, as well as parents, friends, teachers and nurses. It is also an excellent starting point for family and classroom discussions.

Meet Ben - a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels. Ben explains how he was diagnosed and what he has learnt about ways to relieve his ADHD symptoms, and how friends and adults can help at home and school. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with children with ADHD. It is also an excellent starting point for family and classroom discussions.

Meet Rhidi. Rhidi has friends, but would worry about friendships and being good at making friends. Sometimes he would get so worried that he couldn't sleep or want to leave his house! Rhidi asks his classmates what they think friendship means and discovers so many different ideas! What does friendship really mean? How does one make friends? How can you be a good friend, and what can you do when things go wrong? The ideal conversation starter for children aged 7+, this illustrated guide helps children to understand what friendship is, as well the misunderstandings surrounding it.

Meet Mollie – a woman with an illness called ME (Myalgic Encephalomyelitis) or CFS (Chronic Fatigue Syndrome), and her family, Mike, Ellie and Eric. Mollie and her family help readers to understand what ME/CFS is, what it is like to have it and how it can affect their family life. Mollie can't always do things that other mums do because of her illness, which can sometimes be frustrating, but they share strategies that help them all to cope. The family also explain how ME/CFS can affect different people in different ways. This illustrated book is an ideal introduction to this often misunderstood condition. It shows family, friends and anyone who knows someone with the condition how they can support someone with ME/CFS, and their family.

Meet Jan. Jan is sometimes lonely. In this illustrated guide, he describes what loneliness feels like and how it affects him at home and school. He explains what he can do to feel less lonely, and how his teachers, family and friends can help him too. Child loneliness is an area of growing concern. This book is an ideal way to start a conversation about loneliness

with anyone aged 7 and above and to help children understand the importance of healthy solitude, as well as socialising. It also includes a useful list of recommended reading, organisations and websites for further information and support. Meet Maria - a woman with Multiple Sclerosis (MS). Maria tells the story of her holiday with her husband Ben, her children Cara and Dino, and Teddy the dog, which was interrupted when she began to feel dizzy, exhausted and weak. She explains how this led to her diagnosis and describes what MS is, how it affects her daily life and what others can do to help. This illustrated book will be an ideal introduction to MS for children from the age of 7, as well as older readers. It will help family, friends and carers to better understand and explain MS, and will be an excellent starting point for group discussions.

Meet Zoe - a young girl with dyslexia. Zoe invites readers to learn about dyslexia from her perspective. She helps readers to understand the challenges faced by a child with dyslexia, explaining what dyslexia is and how it affects her at home and at school. Zoe describes exactly why she finds reading, writing and words so difficult, and how other people can help her in these areas. This illustrated book is ideally suited for readers aged 7 and upwards, and will be an excellent way to start a discussion about dyslexia, in the classroom or at home.

Meet Danny - a boy with a peanut allergy. He explains that peanut allergies can be very serious, but once you know how to manage them, they don't have to get in the way of living a fun and full life. Danny talks about what a peanut allergy is, what do to in an emergency, and how his friends and family can help him to live a nut free life. He also shares advice on coping with a peanut allergy on special occasions and trips away. This illustrated book is ideally suited for readers aged 7 and upwards, and will be an excellent way to increase awareness about peanut allergies, in the classroom or at home. It also includes clear, useful information for parents and professionals.

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family. This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

Join Matt as he learns what hope means, and why it is important. Written to encourage discussion, this book is the perfect introduction for young people on this topic, and will help them develop their own understanding of what hope is,

and whether or not it is a good thing.

Can I tell you about Loneliness? A guide for friends, family and professionals Jessica Kingsley Publishers

In this friendly guide, a girl called Amber explains all about her 'dancing eyes,' or nystagmus. Amber explains how children with nystagmus might need to read, learn or play differently, and what their families, school and friends can do to help. She invites readers to learn the causes and symptoms, to help others understand the condition and help increase the self-esteem and confidence of those who have it. This accessible guide for children aged 7+ is an excellent starting point for parents, teachers and other professionals working with children with nystagmus. It includes a practical checklist of easy adaptations to make school or home environments easier and more enjoyable for children with nystagmus, as well as a helpful list of recommended resources for additional support.

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