

The Asperkids Secret Book Of Social Rules The Handbook Of Not So Obvious Social Guidelines For Tweens And Teens With Asperger Syndrome

The Asperkid's (Secret) Book of Social Rules The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome Jessica Kingsley Publishers

'This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and relationships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.' -Sarah Attwood, author of Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and 'fitting in'. Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics. Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.

The Asperkid's Game Plan looks from the inside at the learning style of children with Asperger syndrome and explains how to introduce structured play that engages Asperkids and explicitly addresses ASD weaknesses while reinforcing ASD strengths. Showing how just about anything can be turned into an opportunity for learning and growth, the book is full of go-to ideas for making simple play equipment in the home or classroom and using it to develop core skills that Asperkids struggle with, from fine motor and social skills, to planning and organization. Whether it's origami math, fried marbles, or a bug's eye view scavenger hunt, every game, project, and idea in the book is explained with clear directions and learning objectives and illustrated with color photographs. Jennifer O'Toole's enthusiastic approach and fun lessons, based on Montessori principles, will inspire and motivate parents, educators, and therapists to make purposeful play a part of every Asperkid's day.

Offers parents of children with autism or Asperger's syndrome advice on teaching basic life skills and establishing healthy habits, including doing chores, task switching, punctuality, appropriate attire, manners, and kindness.

This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. Some children with ASDs 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.

Offers ways to engage with children with Asperger syndrome like concentrating on their need for concrete forms of communication.

325 astute and practical ideas, insights, tips and strategies address the complex issues parents face during this crucial period of transition for their child with Asperger Syndrome (Autism Spectrum Disorder). The practical, bite-size suggestions focus on the vital importance of developing and nurturing an open and healthy relationship with your son or daughter. The easy-to-navigate format will suit busy parents wanting to locate advice to suit their particular needs. All the suggestions are designed to foster understanding and acceptance between family members and help the AS young person with common problem areas such as social vulnerability and peer relationships, self-esteem, anxiety and coping with change. This will be an invaluable companion for parents, carers and family members of an adolescent or young adult with AS.

Life with Asperger's Syndrome can be a challenge at the best of times, and trials and tribulations that neurotypicals take in their stride can leave Aspies perplexed and unsure of how best to solve problems and keep themselves safe, both physically and emotionally. This book explores difficulties that those with AS may face, and suggests practical and helpful ways of overcoming them. Liane Holliday Willey's positive and encouraging advice teaches people with Asperger Syndrome how to appreciate their differences and work from their strengths, by being honest about and coping with challenges. By setting realistic expectations, she shows how it can be possible to live on your own and take care of yourself, touching upon everything from banking and housing to roommates, friendships, and relationships. Jobs and the workplace are explored as advice is given on interviewing, performance, and getting along with colleagues, and the importance of setting boundaries is explained. The focus throughout is on keeping yourself safe, and this extends to travel, cultural awareness, and generally organising yourself. Personal hygiene and the body are also covered, along with nutrition and illness. The advice all adds up to show that people with AS can safeguard themselves from emotional and physical harm and live happy and independent lives, as long as the right guidance is available. This book will be of interest to people with Asperger Syndrome, their friends and families, and professionals working alongside ASDs.

Spectrum gals, ever wished you had a handbook to help navigate the confusing world of teenage girlhood? Look no further! Aspie-in-the-know, Jennifer Cook O'Toole provides just that with her inspirational guide to life for teenage girls with Asperger syndrome. Drawing on her own, real-life experiences rather than preaching from textbooks, she covers everything you need (and want!) to know, from body shapes and love interests to bullying, friendships and how to discover and celebrate your unique, beautiful self. With illustrations by an Aspie teen and inspirational quotes from well-known, female Aspie voices, including Temple Grandin, Rudy Simone, Robyn Steward, and Haley Moss, Sisterhood of the Spectrum is your perfect companion on the "yellow brick road" to womanhood. It will leave you empowered, informed and excited to be different.

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Winner of the NASEN & TES Special Educational Needs Children's Book Award 2003 Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Luke has three sisters and one brother in various stages of their adolescent and teenage years but he is acutely aware of just how different he is and how little information is available for adolescents like himself. Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating and relationships, and morality. Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice for parents, carers and teachers of younger AS children. However, his main reason for writing was because "so many books are written about us, but none are written directly to adolescents with Asperger Syndrome. I thought I would write one in the hope that we could all learn together".

Tony Attwood's guide will assist parents and professionals with the identification, treatment and care of both children and adults with Asperger's Syndrome. The book provides a description and analysis of the unusual characteristics of the syndrome and practical strategies to reduce those that are most conspicuous or debilitating. Beginning with a chapter on diagnosis, including an assessment test, the book covers all aspects of the syndrome from language to social behaviour and motor clumsiness, concluding with a chapter based on the questions most frequently asked by those who come into contact with individuals with this syndrome. Covering the available literature in full, this guide brings together the most relevant and useful information on Asperger's Syndrome, incorporating case studies from the author's own practical experience as a Clinical Psychologist, with examples of, and numerous quotations from people with Asperger's Syndrome.

Lizzie is an Aspie Girl - she has Asperger's Syndrome, which means that her brain works differently to her friends, and even to boys with Asperger Syndrome. In this book, Lizzie explains what it's like to be an Aspie Girl, including how she has a special talent for blending in with her friends, how she gets really tired after being at school all day, how she worries about making mistakes, and how she finds it hard to understand how she is feeling. By simply, clearly and positively explaining the social differences associated with Asperger's Syndrome, or Autism Spectrum Disorder, in young girls, this book will help Aspie Girls aged 5 years and over to understand their diagnosis, recognise their unique strengths and celebrate their differences, and find ways of coping with difficulties. This positive and celebratory book also contains helpful discussion points for parents and professionals to explore further with the girls in their care.

Offers insights by a teenager with Asperger's syndrome into the difficulties of the disorder, including information on fascinations and obsessions, sensory perception, sleep, bullies, moral dilemmas, eating, and socializing.

The face of autism is changing. And more often than we realize, that face is wearing lipstick. *Autism in Heels*, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more importantly--as a thoroughly modern woman. Beyond being a memoir, *Autism in Heels* is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos). Whether it's bad perms or body image, sexuality or self-esteem, Jennifer's is as much a human journey as one on the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. *Autism in Heels* takes that message to the mainstream. From her own struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they aren't mistakes. They are misunderstood miracles.

Sex. Slang. Slumber parties. The preoccupations of adolescents with Asperger syndrome are no different than those of other teens, but they can be much more confusing. The lack of social skills and ability to grasp conversational nuances that characterize AS make adolescence the most difficult life stage. Asperger Syndrome is characterized by a reliance on clear guidelines, and in adolescence the social guidelines become murky and confusing. In *Asperger Syndrome and Adolescence*, child psychologist Teresa Bolick presents strategies for helping the ten-to-eighteen-year-old achieve happiness and success by maximizing the benefits of AS and minimizing the drawbacks.

Compelling and witty, Liane Holliday Willey's account of growing to adulthood as an undiagnosed 'Aspie' has been read by thousands of people on and off the autism spectrum since it was first published in 1999. Bringing her story up to date, including her diagnosis as an adult, and reflecting on the changes in attitude over 15 years, this expanded edition will continue to entertain (and inform) all those who would like to know a little more about how it feels to spend your life 'pretending to be normal'.

This book explores what it feels like to be a young person on the autism spectrum and looks at all the brilliant things people on the autism spectrum can do. Full of insights about being awesome and autistic, this book celebrates the strengths of understanding the world in a different way. It looks at all the reasons being you and thinking differently can be totally awesome! It also has tips for managing tricky situations such as meltdowns, sensory differences and anxiety. It includes fun activities and diary pages where you can write your thoughts and feelings to help you concentrate on your

strengths and work on your challenges. This book helps you develop the confidence to be who you are and help you live life with as little stress and anxiety as possible.

Dealing with the everyday realities facing teens with Asperger Syndrome, this book presents a toolkit of tried-and-trusted ideas to help them work through difficulties and find the solutions that work best for them. This book covers everything they need to know to thrive in their adolescent years, including how to hack your own internal alarm system to overcome anxiety and other difficult emotions. It also arms teenagers with everything they need to navigate sexuality and relationships, develop a healthy self-image, deal with bullies, be smart with money and stay savvy online... In short, no issue is left unexplored. Fun and informative, this is a must-read for teens with high-functioning autism, and for those who want to understand what adolescence is like on the spectrum.

Offers information and insight on sex, intimacy, and relationships to girls with Asperger's syndrome.

Designed for highschoolers with social communication problems, this book encourages students to examine photographs of social interactions and determine the most appropriate responses.

The Asperkid's (Secret) Book of Social Rules offers witty insights into baffling social codes such as making and keeping friends, and common conversation pitfalls. Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules helping Asperkids to navigate the mysterious world around them.

Using bright colours and fun illustrations, this book will show children with Autism Spectrum Disorder aged 7 and above how to identify common interests in conversation, and how to go on to talk about them successfully. The photocopyable worksheets and activities encourage children to engage with this visual model and reinforce the method.

Many people on the spectrum never get "the talk" from their parents, and suffer from "information deficit." This book goes a long way toward filling in the gaps in their knowledge. It takes a candid look at aspects of sex and relationships as they apply to people on the autism spectrum: building self-confidence dating personal grooming cleanliness explicit advice on how to initiate sex with a partner Also covered: avoiding pregnancy and STDs dealing with rejection how to build a loving relationship that includes sexual intimacy This is an "Everything You Ever Wanted to Know" kind of book! Helpful chapters include: Surviving the First Wave of Sexual Interest What Should Parents Say and When Should They Say It? The Best Way to Date Someone is to Be Yourself Male & Female Advantages and Challenges in the Sexual Arena Sensory Issues in Sex! When Desire Leads to a Bad Relationship What Do Men Really Want? What Do Women Really Want? Birth Control, Disease Prevention and Personal Responsibility Rape, Molestation, and Abuse

Build friendships and care for your emotions--a practical handbook for teens on the spectrum Social situations can feel mysterious or tricky to navigate--and if you are on the autism spectrum, they can feel overwhelming. The Social Survival Guide for Teens on the Autism Spectrum unlocks socialization secrets and helps you understand your feelings. Autism books for kids don't always address teenagers' needs--the practical tips and step-by-step guides in this handbook are perfect for ages 12-16. Learn how to handle situations like managing anxiety, starting a conversation, understanding sarcasm, and dealing with conflict. Build sparkling social skills and take care of your emotional health at the same time. This standout among autism books for kids can help you feel more confident--and more connected to people you care about. Go beyond other autism books for kids with: Friend fundamentals--Understand what makes a good friend and learn about informal conversation, nonverbal communication, online etiquette, and more. Social essentials--Discover strategies for joining a group activity, staying flexible, saying no when you need to, and other topics essential to autism books for kids. Getting to know me--You are your friend, too--learn to recognize and express emotions, boost your mood with positive self-talk, and more. In the world of autism books for kids, this helpful social survival guide is written just for teens.

Being a teen or tween isn't easy for anyone but it can be especially tough for Asperkids. Jennifer O'Toole knows; she was one! This book is a top secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome. The Asperkid's (Secret) Book of Social Rules offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic strip practice sessions, this is the handbook that every adult Aspie wishes they'd had growing up. Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules in bite-sized chunks that older children will enjoy, understand, and most importantly use daily to navigate the mysterious world around them.

A 2002 study from Comprehensive Issues in Pediatric Nursing found that 94 percent of students with Asperger Syndrome face torment from their peers. Indeed, some of their behaviors and characteristics that others see as "different" make many of these children easy targets for frequent and severe bullying. This book takes a frank look at the different types of bullying and what adults must do to curb bullying, helping prevent the often lifelong effects of this behavior on its victims. Practical strategies and solutions at the school, class and individual level are presented.

All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS. This engaging book is an ideal, gentle introduction to the world of AS. 'There is a great deal of truth in humour. If you have only just begun to discover why someone with Asperger's syndrome is different, this book will inform and entertain you. The descriptions provide an accurate balance between the qualities and difficulties associated with Asperger's syndrome, while the photographs will make the journey of discovery enjoyable and remarkable.' - Tony Attwood, author of Asperger's Syndrome and The Complete Guide to Asperger's Syndrome

This innovative curriculum teaches important hygiene skills and associated social understanding using a fun approach that targets the core characteristics and learning styles of children and adolescents on the autism spectrum. The author's generous use of structure, predictability, self-monitoring, and ways to convey and check for social understanding is worked into all discussion and activities. Ranging from basic daily hygiene to picking, using public restrooms, burping, and farting, topics focus on healthy and socially acceptable behaviors. The book is the answer to the constant search for inventive and intriguing ways to teach often quite boring topics surrounding functional life skills. Lesson plans are well conceptualized and organized, showing that the author knows

what makes children and adolescents with Asperger Syndrome and related disorders tic.

Teenagers and older children on the autistic spectrum are, like the rest of us, surrounded by complex social codes and rules that govern everyday interaction. Interpreting these and reading social cues such as sarcasm, idioms and body language often presents a real challenge, but this book of realistic and thought-provoking stories can help. Designed with both parent and child in mind, every story outlines a real-life situation that young people on the spectrum are likely to encounter. Each of these is followed with questions such as 'what else might he have done?', 'how do you think she felt?' and 'why do you think they were upset?', along with practical tips for parents on how to facilitate constructive discussions. As children consider these questions with adults, they begin to put themselves into someone else's shoes and are encouraged to think about how their actions and behaviour may affect those around them, gaining invaluable skills and understanding that will be transferable to everyday life situations. Packed with 60 stories exploring real-life situations, this book will be an essential tool for parents, caregivers, teachers, and anyone else wishing to enable young people on the autistic spectrum to improve their social skills.

Asperger's Syndrome For Dummies covers everything that both people living with the condition and their families need to know. From explaining symptoms and getting a diagnosis, through to overcoming bullying in schools and choosing between the therapy and medical treatments available, this is a complete guide to surviving and thriving with the condition. Asperger's Syndrome For Dummies includes: Part I: Understanding Asperger's syndrome (AS) Chapter 1: Introducing Asperger's syndrome Chapter 2: Discovering the causes of Asperger's syndrome Chapter 3: Diagnosing Asperger's syndrome Part II: Living with Asperger's syndrome Chapter 4: Enjoying Life with Asperger's Chapter 5: Getting the most out of education and the workplace Chapter 6: Finding independence and advocating for your rights Part III: Supporting people with Asperger's syndrome Chapter 7: Parenting and Asperger's syndrome Chapter 8: Relating to adults with Asperger's syndrome Chapter 9: Creating an AS friendly environment Part IV: Discovering therapies, medication, diet and environments for AS Chapter 10: Navigating Behavioural Therapies for Asperger's Syndrome Chapter 11: Understanding medication and diet in Asperger's syndrome Part V: Part of Tens Chapter 12: Ten Organisations to go for help and information Chapter 13: Ten positives about living with Asperger's Chapter 14: Ten famous people who probably had Asperger's

Kenneth Hall was diagnosed with Asperger's Syndrome at the age of eight. Here he describes some of the inner experiences and perceptions of autism in childhood. He has a warm and positive attitude which other children will find inspiring. Insights, struggles and joys are recounted vividly in a frank and humorous way.

Join Greg, a young boy with Asperger's syndrome (AS), as he tells us all about the world as he sees and experiences it. We learn about all the things he loves, including his routine and numbers, as well as his special interest in batteries (he even has a rectangular one!). Greg also tells us about the things that he finds challenging, from a change in his beloved routine to reading facial expressions, and how these things can sometimes leave him upset and overwhelmed. By explaining the way he feels and how best to calm him down when it all gets too much, Greg helps us to understand AS and how it affects the way he views the people and objects around him. With comprehensive sections for parents and professionals on AS and the impact it can have on the family unit and life in the wider community, this charmingly illustrated book helps to increase awareness and understanding of Asperger's syndrome. It will be of interest to families of children with autism spectrum disorders, as well as teachers and other professionals working with children on the autism spectrum.

A curriculum for teaching friendship skills using a fun group format. Participants take part in hands-on activities that are geared to their strengths and preferred learning styles.

In this edition, the authors narrow their target to issues common to adolescents and young adults. While many of the features of the original book have been maintained, information on evidence-based practice has been added. Further, a series of instructional strategies are provided that can be used to teach the hidden curriculum. Instructional aids include charts, forms, and templates designed to make the job of teaching and learning the hidden curriculum more effective.

Offers practical advice so readers can get the most out of middle and high school, both academically and socially, from sensory sensitivity to awkwardness, dating to driving.

For Asperkids, home is both their protected lair and their launch pad into success in a neurotypical world. Jennifer O'Toole provides parents with all the help they need in planning their home environment to encourage their Asperkid superheroes to soar. The Asperkid's Launch Pad is a visually-led guide to preparing a home environment that supports the development of children with Asperger syndrome. From a bedroom light switch that the child can easily reach, to a tucked-away safe place that he or she can retreat to when feeling overwhelmed or anxious, small changes in the home can boost the child's self-confidence, independence, comfort and life skills. Award-winning author Jennifer O'Toole gives readers a walk-through tour of the home, showing, room by room, how physical surroundings affect Asperkids and highlighting the learning opportunities in every space and object. Beautifully presented with color photographs throughout, this functional and fun book will win a place in the homes and hearts of all parents of children with Asperger syndrome.

The authors share what they have learned about social relationships over the course of years struggling with the effects of autism, identifying Ten Unwritten Rules as general guidelines for handling social situations.

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day!

Offers guidance to young people with Asperger's syndrome by explaining how to understand and communicate with their peers and teachers, standing up for and taking care of themselves, setting realistic goals, and making friends.

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.

This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community. The author offers advice and useful strategies for tackling day-to-day problems such as visits to the dentist or the doctor, searching for a job, sorting out personal finances, going on vacation, and dealing with public transport, as well as more intimate topics such as dating and acquiring and maintaining friendships. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions. A final section provides a set of practical self-help tools, which encourage the reader to note down answers to the questions posed and record personal reflections. This accessible guide will be essential reading for teenagers and adults with Asperger Syndrome and their families, teachers, therapists, counsellors, carers, social and health work professionals.

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