

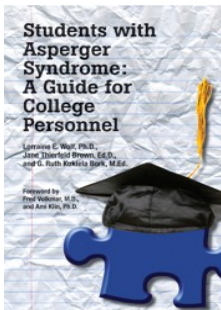
## Recommended Readings in the Lending Library at the Autism Training Center

### *Category: Adult*

AD-36

#### **Students with Asperger Syndrome: A Guide for College Personnel**

G. Ruth Bork, M.Ed., Jane Thierfield Brown, Ed.D. and Lorraine Wolf, Ph.D.



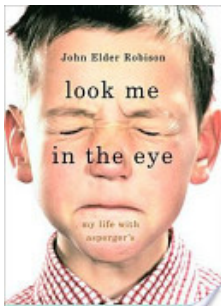
*Summary:* For many students with autism spectrum disorders, getting admitted to college is the easy part. Surviving and succeeding can be quite another, as these students transition into a system that is often unprepared to receive them. Accommodating students whose disabilities very likely fall in social and self-regulatory areas is a particular challenge for disability services providers who are not used to reaching out into so many areas of student life. This comprehensive book offers disability services professional's practical strategies for accommodating and supporting students in all phases of college life and beyond.

### *Category: Asperger Syndrome*

AS-47

#### **Look Me in the Eye**

John Elder Robison



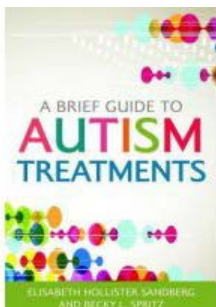
*Summary:* Ever since he was young, John Robinson longed to connect with other people, but by the time he was a teenager, his odd habits – an inclination to blurt out non sequiturs, avoid eye contact, dismantle radios, and dig five-foot holes (and stick his younger brother, Augusten Burroughs, in them) – had earned him the label “social deviant.” It was not until he was forty that he was diagnosed with a form of autism called Asperger’s syndrome. That understanding transformed the way he saw himself – and the world.

### *Category: Autism*

AU-77

#### **A Brief Guide to Autism Treatments**

Elisabeth Hollister Sandberg, Becky L. Spritz



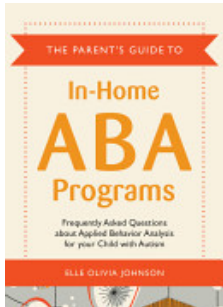
*Summary:* This book provides user-friendly descriptions of the most common treatments for autism, summarizing the information in an accessible way. Each chapter covers a treatment from Applied Behavior Analysis to Gluten-Free Casein-Free diets, as well as therapies such as Hyperbaric Oxygen Therapy. Each includes a definition and description; a summary of the prevailing information gleaned from popular press; an explanation of what the science says; and an idea of potential costs to parents and schools. This practical guide will allow parents of newly-diagnosed children, as well as any professionals working alongside them, to sift through the avalanche of advice and make their own informed choices.

Category: Behavior

BE-79

**The Parent's Guide to In-Home ABA Programs**

Elle Olivia Johnson

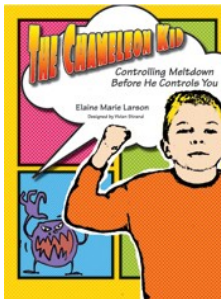


*Summary:* What is Applied Behavior Analysis? What will happen when an ABA therapist comes into my home? Most importantly, how can ABA help my child? This quick guide answers all of the common questions that parents have when beginning an in-home ABA program. ABA is an effective intervention for children with autism and other developmental disorders, but all of the data collection, reinforcement, and strange lingo can be confusing for parents who are not familiar with ABA therapy. Concise and practical, this handbook explains the ins and outs of Applied Behavior Analysis in a chatty question and answer format addressing everything parents need to know from what a typical session will entail, to how to navigate their relationship with their therapist, to how to get more involved and begin using ABA methods themselves. This book is an ideal introduction for parents to help them understand and get the most out of their child's ABA treatment. It will also be a useful resource for newly-qualified ABA therapists and for ABA agencies to use with clients.

BE-81

**The Chameleon Kid: Controlling Meltdown Before He Controls You**

Elaine Marie Larson

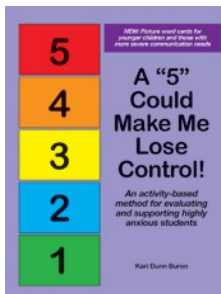


*Summary:* An occasional meltdown is a reality of childhood for most children. But for a child with Asperger Syndrome or high-functioning autism, meltdowns are often more frequent, explosive and long-lasting. In *The Chameleon Kid*, an illustrated children's story, Elaine Marie Larson suggests ways children on the high end of the autism spectrum can attempt to approach and control their meltdowns before the meltdowns take control of them. The chameleon adapts his color to his surroundings as well as to his mood and communication needs. Much like the chameleon, the child on the autism spectrum can adapt to his surroundings by altering his behavior in dealing with the emotions that precede a meltdown. By practicing the techniques in *The Chameleon Kid*, children can learn to eliminate Meltdown, depicted as a monster, or at least reduce its hold on him. The dramatic and colorful page spreads literally show readers in front of their own eyes how the Chameleon Kid reduces Meltdown in size and power by using the strategies presented in the book.

BE-82

**A "5" Could Make Me Lose Control! An activity-based method for evaluating and supporting highly anxious students**

Kari Dunn Buron



*Summary:* This hands-on activity helps students who are highly anxious cope with their stress by classifying social and emotional information and analyzing how best to act. Using this interactive process, the student places cards that list highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as the first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. Picture word cards make the activity suitable for students with communication challenges. The kit also includes suggestions for how to include the process as a part of an effective behavior assessment and a problem-solving activity. Now also with picture word cards!

*Category: Children's Books*

CB-94

**What Is It Like to Be Me?** *A book about a boy with Asperger's Syndrome*

Alenka Klemenc



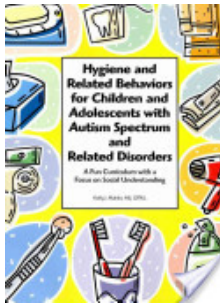
*Summary:* Join Greg, a young boy with Asperger's syndrome (AS), as he tells us all about the world as he sees and experiences it. We learn about all the things he loves, including his routine and numbers, as well as his special interest in batteries (he even has a rectangular one!). Greg also tells 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 spectrum.

*Category: Daily Living*

DL-5

**Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders**

Kelly J. Mahler

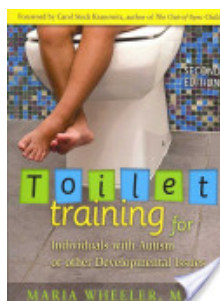


*Summary:* This innovative curriculum teaches important hygiene skills and associated social understanding using a fun approach that targets the core characteristics and learning styles of children and adolescents on the autism spectrum. The author's generous use of structure, predictability, self-monitoring and ways to convey and check for social understanding is worked into all discussions and activities. Ranging from basic daily hygiene to picking, using public restrooms, burping and farting, topics focus on healthy and socially acceptable behaviors.

DL-14

**Toilet Training for Individuals with Autism and Other Developmental Issues**

Maria Wheeler

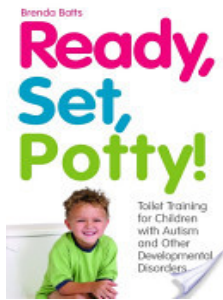


*Summary:* Toilet training can become a battleground for caregivers and children alike, especially if the child has autism or other developmental challenges. In this book, Maria Wheeler offers a detailed roadmap for success. She stresses the importance of visual cues, such as picture schedules representing the steps of the toileting routine. Other crucial elements are repetition, rewards, and teamwork with teachers if the child is in school. You will find many original and commonsense solutions for transitioning children from diapers to underpants, stopping "repeat flushing," monitoring fluid intake, coping with a noisy bathroom, using Social Stories, and much more.

DL-18

**Ready, Set, Potty!** *Toilet Training for Children with Autism and Other Developmental Disorders*

Brenda Batts



*Summary:* Potty training a child with developmental disorders can be a real challenge, and sometimes the extra difficulties make you feel as though you've tried everything, and failed. In this book, Brenda Batts shows how you can overcome problems, big and small, and provides tried and tested methods that really work, tailored to each individual child. Bursting with ideas on how to see past conventional strategies and adapt toilet training to suit your child, this book outlines methods that have helped even the most despairing of parents and caregivers. Examples of success stories range from two-year-olds to adults aged 20, and show that no matter how difficult it may seem, a little creativity and adaptation can get anyone toilet trained, however many previous attempts have failed. The program itself is supported by plenty of helpful hints and tips, as Brenda covers all you need to get your child past the diaper stage and help them to achieve a big step towards independence

*Category: Education*

ED-123

**Developing Successful Diversity Mentoring Programmes** *An International Casebook*

David Clutterbuck, Kirsten M. Poulsen, Frances Kochan

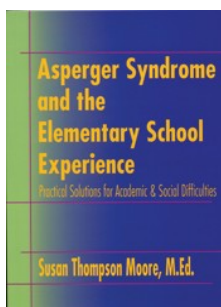


*Summary:* Mentoring has become an essential ingredient in the success of diversity management in the workplace and in achieving societal change to accommodate and value difference. This case book brings together a wide range of approaches to designing, implementing, sustaining and evaluating mentoring programmes. It explores what makes mentoring work in a diversity context, and what undermines it; what constitutes good practice and what to avoid. The international case studies cover many different aspects of difference, including race, culture, physical and mental disability, gender and sexual preference. Thoughtful analysis of these cases reveals many practical lessons for what does and doesn't work well in different contexts. Edited by three leading authorities in the field, this case book is an essential companion for anyone aiming to establish a mentoring programme in the areas of equal opportunities, diversity management, or leveraging diversity.

ED-126

**Asperger Syndrome and the Elementary School Experience:** *Practical Solutions for Academic & Social Difficulties*

Susan Thompson Moore, M. Ed.

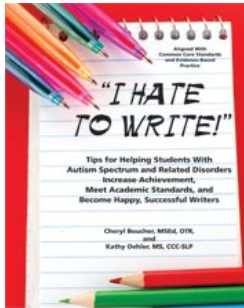


*Summary:* Written by an educator and mother of two children with autism spectrum disorders, this resource is comprised of practical ideas for addressing the academic and social needs of elementary-aged children with Asperger Syndrome. Intended for both teachers and parents, specific topics include organizational accommodations, accommodations in the curriculum, developing social skills and the importance of home-school communication. Forms, checklists, and other visuals make these helpful ideas easy to implement.

ED-127

**"I HATE TO WRITE!"**

Cheryl Boucher and Kathy Oehler

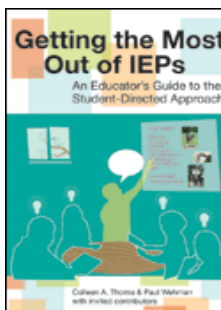


**Summary:** The writing process requires a high level of coordination between various parts of the brain. In individuals with an autism spectrum disorder, the areas of the brain do not communicate effectively with each other, leading to great difficulty coordinating all the skills needed for writing. As a result, many students HATE TO WRITE! Written in a format that appeals to readers – brief, practical and to the point – this aptly named book focuses on the four areas of writing that are most problematic for students with ASD: language, organization, sensory and visual-motor skills organized under topics such as Getting Started, Knowing What to Write, Getting “Stuck,” Misunderstanding the Directions, and many more. “Take it and use it” worksheets make the task of teaching writing easy and fun. What’s more, it is aligned with the National Common Core Standards. Strategies are appropriate for students K-12 and beyond.

ED-129

**Getting the Most Out of IEP’s** *An Educator’s Guide to the Student-Directed Approach*

Colleen A. Thoma and Paul Wehman

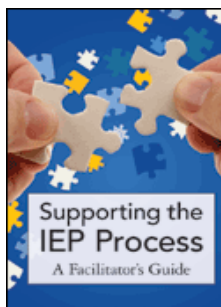


**Summary:** Student-directed IEPs are quickly gaining momentum in schools across the country—the proven benefits include higher academic achievement, enhanced student motivation, and increased communication and self-advocacy skills for students with disabilities. Now for the first time, there's a book that gives elementary and high school educators in-depth how-to guidance on making student-directed IEPs work for students with a range of special needs. Packed with practical advice, helpful examples, and IEP resources for students themselves, this cutting-edge guidebook finally puts into print the best ideas for developing meaningful student-directed IEPs while adhering to legal requirements and evidence-based practices. Teachers will learn how to support students—regardless of their current skills and abilities—as they increase their own level of direction across every facet of the IEP process.

ED-130

**Supporting the IEP Process:** *A Facilitator’s Guide*

Nicholas R.M. Martin



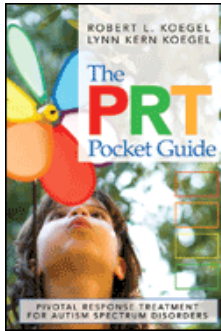
**Summary:** Positive and productive IEP meetings lay the groundwork for better student outcomes, but when team opinions clash and emotions run high, a meeting can fall apart before the child can benefit. A neutral third-party facilitator can make all the difference—and now there's a practical, how-to guide that shows professionals how to step into this critical role. A popular staff development and conflict resolution specialist whose dynamic presentations have helped thousands of professionals, Nick Martin shows readers how to effectively facilitate the whole IEP process, from initiating contact with team members to working through even the toughest conflicts.



ED-131

**The PRT Pocket Guide: Pivotal Response Treatment for Autism Spectrum Disorders**

Robert L. Koegel &amp; Lynn Kern Koegel



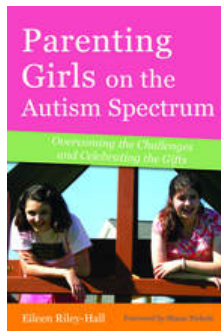
**Summary:** What is Pivotal Response Treatment? What's the research behind it, what does it look like in practice, and what are some good examples of how to use it? Now one concise book gives professionals and parents all the basics of the widely used PRT—one of a select group of highly effective, evidence-based treatments for autism. A great resource for educators, behavior specialists, early interventionists, SLPs, occupational therapists, and families, this reader-friendly pocket guide is the perfect introduction to PRT, the popular approach that uses natural learning opportunities to modify pivotal areas of behavior. Pioneering autism experts Robert and Lynn Koegel speak directly to the reader, demystifying PRT and clearly explaining why it leads to widespread and rapid progress for children. Throughout the book, the Koegels engage readers with down-to-earth guidance based on best practice, true stories from their decades of experience with children and families, and clear explanations of what the research says about PRT. And the end-of-chapter questions for teachers, therapists, and parents reinforce key points and prepare them for effective PRT implementation.

*Category: Family*

FA-61

**Parenting Girls on the Autism Spectrum**

Eileen Riley-Hall



**Summary:** This book is a celebration of all the wonderful and unexpected gifts that having a daughter on the autism spectrum can bring to a family. Each chapter offers encouragement and guidance on issues such as school, friendships, meltdowns, special gifts, family relationships, therapies and interventions. Having daughters on the spectrum presents unique and rewarding challenges and this book is packed with friendly advice and real life examples from a mother who has experienced it all first hand. This positive, upbeat book is guaranteed to offer support to parents, grandparents and family members, as well as providing educators and anyone else working in a supporting role with an insight into what life is like for girls on the spectrum and their parents.

FA-62

**Parenting a Child with Asperger Syndrome**

Brenda Boyd

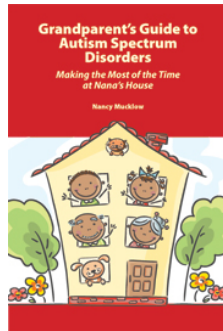


**Summary:** For parents of children with Asperger Syndrome ordinary parenting just doesn't always do it - AS kids need a different approach. Brenda is mother to thirteen-year-old Kenneth, author of *Asperger Syndrome, the Universe and Everything*, and since his diagnosis at the age of eight she has gathered together the parenting ideas and tips that have had a positive effect on Kenneth's life. Brenda discusses parents' reaction to their child's AS and gives advice on how better to understand 'Planet Asperger'. This book helps parents to respond positively to the challenge of AS and find the 'treasure' in their child's way of being.

FA-63

**Grandparent's Guide to Autism Spectrum Disorders: *Making the Most of the Time at Nana's House***

Nancy Mucklow

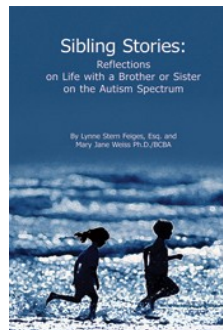


**Summary:** Most children fit almost instinctively into Grandma's house - obeying, trying to please and finding their groove. Children with ASD have a harder time adjusting and even a brief visit can leave a grandparent mentally and physically exhausted. But it doesn't have to be that way! Nancy Mucklow's book serves as a practical guide to turning grandparents' concern, confusion and initial sadness for their grandchild with ASD into a relationship of acceptance, confidence and realistic expectations. Full of intriguing and thought-provoking anecdotes and rules of thumb, *Grandparent's Guide to ASD* includes tried-and-true recommendations on how to deal with sensory issues, new and unfamiliar environments, dietary considerations, emotional meltdowns, communication, selecting the right toys, participating in school and family events... and much more. More knowledgeable and better prepared after reading this positive and upbeat book, grandparents can stay relaxed as they use the helpful strategies that allow them to better connect with their special grandchild.

FA-64

**Sibling Stories: *Reflections on Life with a Brother or Sister on the Autism Spectrum***

Lynne Stern Feiges &amp; Mary Jane Weiss



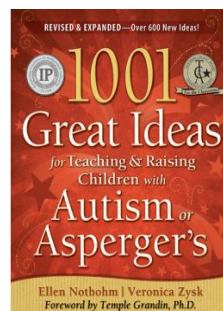
**Summary:** Sibling relationships involving a brother or sister with an autism spectrum disorder can present enormous emotional challenges for everyone involved. This exceptional collection of deeply moving first-person excerpts from interviews with 20 siblings offers in-depth coverage of the issues of paramount concern to typical siblings like establishing boundaries and resentment. A chapter devoted to coping strategies is enhanced by end-of-chapter professional advice on how to maximize the sibling relationship.

**Category: Future Planning**

FP-17

**1001 Great Ideas**

Ellen Notbohm &amp; Veronica Zysk



**Summary:** Winner of Silver medal in the Independent Publishers Book Awards and *Learning Magazine's* Teachers Choice Award, *1001 Great Ideas* has been a treasured resource in the autism community since 2004. In this expanded second edition, Ellen Notbohm and Veronica Zysk present parents and educators with over 1800 ideas try-it-now tips, eye-opening advice, and grassroots strategies. More than 600 fresh ideas join tried and true tactics from the original edition, offering modifications for older kids, honing in on Asperger's challenges, and enhancing already-effective ways to help your child or student achieve success at home, in school, and in the community. This one-stop-shop of solutions, explanations, and strategies guides the reader to quickly find ideas that speak to the variety of developmental levels, learning styles, and abilities inherent in children with autism and Asperger's.

*Category: Health & Wellness*

HW-12

**The Autism Fitness Handbook**

David S. Geslak



*Summary:* This handbook is for parents, educators, therapists and anyone involved in the lives of children and adults with autism spectrum disorders. It gives over 30 exercises that can help to improve the health, motor planning and cognitive ability of children and adults. Each exercise has a visual support, "How To," and "Coaching Tips" for the reader. Exercises are challenging and fun! (Includes The Autism Fitness Handbook 2 and Exercise Connection DVD when checked out from lending library)

HW-13

**The Autism Fitness Handbook 2**

David S. Geslak



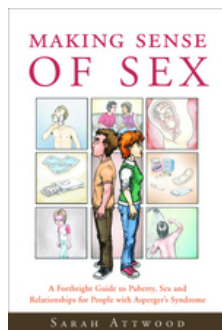
*Summary:* This handbook is for parents, educators, therapists and anyone involved in the lives of children and adults with autism spectrum disorders. Learn through a structured white board technique for individual sessions. It gives over 20 exercises that are more challenging for you children and students. Be motivated by stories of David's actual experiences with his clients in the "Stories to Inspire" Chapter. Exercises are challenging and fun! (Includes The Autism Fitness Handbook and Exercise Connection DVD when checked out from lending library)

*Category: Medical/ Bio-Medical*

MB-35

**Making Sense of Sex A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome**

Sarah Attwood



*Summary:* This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. Sarah Attwood describes developments in both the male and female body, and explains how to maintain hygiene and personal care, and to promote general good health. She examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. She looks at the nature of friendship, how it changes from childhood to adulthood and its importance as a basis for sexual encounter. She also offers coping strategies for different social experiences, from bullying to dating, and includes essential tips on the politics of mature behaviour, such as knowing the difference between public and personal topics of conversation. Making Sense of Sex is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.

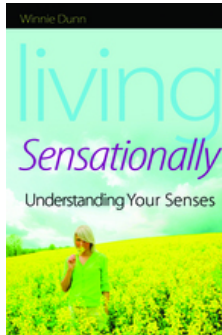


## Category: Sensory

SE-16

### **Living Sensationally: Understanding Your Senses**

Winnie Dunn

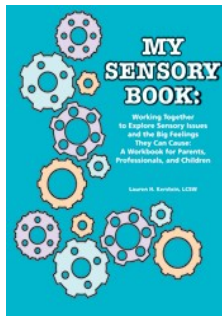


*Summary:* Living Sensationally explains how people's individual sensory patterns affect the way we react to everything that happens to us throughout the day. Some people will adore the grainy texture of a pear, while others will shudder at the idea of this texture in their mouths. Touching a feather boa will be fun and luxurious to some, and others will bristle at the idea of all those feathers brushing on the skin. Noisy, busy environments will energize some people, and will overwhelm others. The author identifies four major sensory types: Seekers; Bystanders; Avoiders and Sensors. Readers can use the questionnaire to find their own patterns and the patterns of those around them, and can benefit from practical sensory ideas for individuals, families and businesses.

SE-18

### **My Sensory Handbook: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause**

Lauren H. Kerstein



*Summary:* This interactive workbook enables children to develop a better understanding of their sensory systems by helping their parents and teachers create an individualized sensory profile. Through numerous strategies broken down by the different sensory systems, tactile, vestibular, proprioception, visual, auditory, gustatory and olfactory, children can learn to cope more effectively with the world around them. This is a practical tool for both home and school.

## Category: Social Skills

SS-40

### **Think Confident be Confident for Teens**

Marci Fox & Leslie Sokol

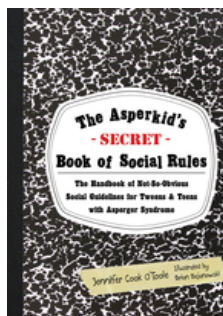


*Summary:* Confidence is like a magnet that attracts people to you and helps you get closer to reaching your goals. When you believe in yourself, you send the message that you have the brains, ability, and talent to handle whatever life sends your way. And the truth is, you do! Using powerful skills based in cognitive behavioral therapy (CBT), Think Confident, Be Confident for Teens shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide you past feelings of self-doubt and encourage you to believe in yourself, strengthen your friendships, and meet every challenge head-on.

SS-41

**The Asperkid's Secret Book of Social Rules**

Jennifer Cool O'Toole

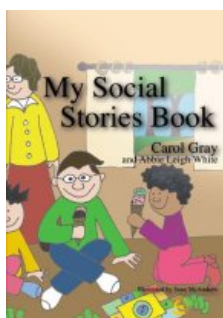


*Summary:* Being a teen or tween isn't easy for anyone but it can be especially tough for Asperkids. Jennifer O'Toole knows; she was one! This book is a top secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger syndrome. The Asperkid's (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.

SS-42

**My Social Stories Book**

Carol Gray &amp; Abbie Leigh White



*Summary:* Over the last decade, Carol Gray's Social Stories approach has become established as a highly effective way of teaching social and life skills to children on the autism spectrum. Taking the form of short narratives, the Stories in My Social Stories Book take children step by step through basic activities such as brushing your teeth, taking a bath and getting used to new clothes. It also helps children to understand different experiences such as going to school, shopping and visiting the doctor. These stories are written for preschoolers aged from two to six, and the book is a useful primer for all young children - but most especially those on the autism spectrum. My Social Stories Book contains over 150 Stories, and is illustrated throughout with line drawings by Sean McAndrew, which form a visual counterpart to the text. A helpful introduction explains to parents and carers how to get the most out of the book.

SS-43

**Party Planning for Children and Teens on the Autism Spectrum** *How to Avoid Meltdowns and Have Fun!*

Kate E. Reynolds

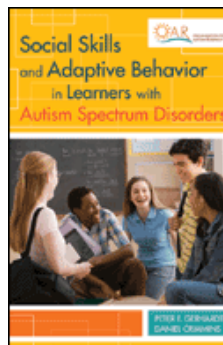


*Summary:* Parties and celebrations can be highly challenging for children and teens on the autism spectrum and they can often feel reluctant to participate. This book shows that if parties embrace the differences intrinsic to autism, and are planned carefully, they can be inclusive events enjoyed by all. Drawing on personal experience with her son, the author highlights aspects of conventional parties that can heighten the anxieties of those on the spectrum and outlines practical solutions to these issues. The book covers considerations for party invitations, prizes, food and venues and includes chapters suggesting activities for age groups 2-8, 9-12 and teenagers. This book will empower parents and caregivers to plan stress-free parties with ease, enabling those on the autism spectrum to develop social skills and self-confidence – and most importantly, have fun!

SS-44

## Social Skills and Adaptive Behavior in Learners with Autism Spectrum Disorders

Peter F. Gerhardt & Daniel Crimmins



*Summary:* Promoting better social skills and behavior is a top priority for anyone who works with learners with autism—but which practices really improve outcomes? Find out in this cutting-edge volume, a reader-friendly synthesis of the latest findings from more than 20 of today's top researchers in the field. Coordinated by the highly respected Organization for Autism Research, this accessible book is an ideal text for future professionals and essential reading for administrators and consultants in educational settings. Readers will explore current evidence, best-practice recommendations, and future research directions for

- assessing social skills with evidence-based methods and tools
- conducting interventions that really make a difference
- promoting friendships and peer acceptance
- increasing joint attention
- implementing schoolwide positive behavior support
- improving outcomes with Pivotal Response Treatment
- strengthening children's self-help skills
- providing effective support for families of children with autism
- using appropriate pharmacologic interventions to manage symptoms associated with ASD