

# WORLD AUTISM AWARENESS DAY and RESOURCES FROM BOOKS EDUCATION

From:

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Regards

Books Education

## **WORLD AUTISM AWARENESS DAY**

The United Nations has declared 2nd April 2009 "World Autism Awareness Day"

As the rate of autism increases rapidly, the U.N. has adopted a resolution that has, for the first time in 2008, designated April 2 as World Autism Awareness Day.

The resolution designates every April 2 as World Autism Awareness Day and ask all countries, U.N. bodies, international organizations and non-governmental groups to take steps to raise awareness of the disorder.

## **100 IDEAS FOR SUPPORTING PUPILS ON THE AUTISTIC SPECTRUM**

Francine Brower

This useful, resourceful and practical guide provides those working with autistic children one hundred ideas of how to support and develop their learning. Ideas range from developing pupils understanding and communication skills to ensuring they are comfortable within their learning environment.

£10.99

## 1001 GREAT IDEAS For Teaching and Raising Children with Autism Spectrum Disorders

Ellen Notbohm & Veronica Zysk

'A friendly voice offering parents and teachers immediate usable ideas that emphasize the practical rather than the technical. Well organised for quick reading with major ideas preceded by helpful introductory text. A great resource that parents and teachers should keep readily available' - **Christine Hunt, MS, special education and resource teacher**

'1001 Great Ideas is just that, a treasure trove of wonderful ideas and activities! This hope-filled book not only connects the reader to the world of Autism Spectrum Disorders but also provides a multitude of practical solutions to the broad range of challenges that parents and professionals face each and every day. 1001 Great Ideas is a resource that both parents and professionals will constantly turn to.' - **Scott Tanner, School Psychologist and Director of Clinical Services** £15.95

### **ISPEEK AT HOME / Over 1300 Visual Communication Images / CD-ROM / Janet Dixon**

The collection of 1300 picture symbols in **ISPEEK at Home** provides an easy-to-use and enjoyable tool for overcoming communication difficulties in children with autistic spectrum disorders.

The CD-ROM contains symbols for a wide range of situations typically encountered in the home and beyond, from feelings and facial expressions – common problem areas for people with autism – to health and hygiene and holidays. It also provides useful word templates to inspire parents and carers in putting together daily schedules, as well as PDF samples to assist them in setting up visual aids for children with autism, helping them to interact better with their home environment.

These bright, contemporary and culturally various symbols will be a welcome communication aid for parents, carers and other professionals working with people on the autism spectrum at home. £27.03 **NB: PRICE SHOWN INCLUDES VAT @ 17.50%**

### **ISPEEK AT SCHOOL / Over 1300 Visual Communication Images / CD-ROM / Janet Dixon**

**ISPEEK** visual aids provide a simple and effective means of facilitating communication with children on the autistic spectrum. This CD-ROM is easy-to-use and contains 1200 picture symbols, designed especially for situations encountered at school.

The symbols can be applied to a wide range of situations typically encountered at school, from social skills – a common area of difficulty for people with autism – to school curricula, work and break times. **ISPEEK at School** also provides useful word templates to inspire teachers, therapists and classroom assistants in putting together daily schedules, as well as PDF samples to assist them in setting up visual aids for children with autism, helping them to cope better with their school environment. These are also suitable for parents and carers to use at home, covering the important themes of transitions and independence, and can be used effectively alongside the companion CD-ROM, **Ispeek at Home**.

These bright, contemporary and culturally various symbols will be a welcome communication aid for teachers, therapists and other professionals working with people on the autism spectrum in schools. £27.03 **NB: PRICE SHOWN INCLUDES VAT @ 17.50%**

### **A BOOK ABOUT WHAT AUTISM CAN BE LIKE / Sue Adams**

Chris and Andrew are very good friends, but sometimes Chris does things that Andrew doesn't understand.

Chris can hear a fly buzzing when it's a mile away! But he doesn't like bright flashing lights like the ones on Andrew's favourite arcade game. Chris and Andrew have lots of fun together, but at times they laugh at completely different things - it doesn't matter though, because everyone is different, and being different can be rather cool!

Chris and Andrew are here to help people understand the experiences of a child with autism, and how others can help by understanding how they are different, and recognising their many unique talents.

This fully-illustrated book is targeted at boys and girls aged 5+, and also serves as an excellent starting point for family and classroom discussions. £6.99

### **ADOLESCENTS ON THE AUTISM SPECTRUM / Chantal Sicile-Kira**

Adolescence can be a difficult time for everyone, but for parents of teens on the autism spectrum it's particularly nerve-wracking. Parents must learn to protect their children from the dangers of an environment that is not always understanding of their disease while also providing them with the skills and support they need to live as independent a life as possible.

**"Adolescents on the Autism Spectrum"** offers strategies for helping children, whatever their ability level, through the changes of the teenage years, and prepares them for adulthood. Using clear examples, practical advice, and supportive insights, it covers how to help teenagers understand puberty and hygiene, the specific health risks of adolescence such as seizures and depression, preparing for life after secondary school and teenage emotions, sexuality, appropriate relationships and dating. £10.99

### **ALPHABET KIDS - FROM ADD TO ZELLWEGER SYNDROME / A Guide to Developmental, Neurobiological and Psychological Disorders for Parents and Professionals / Robbie Woliver**

From ASD (Autism Spectrum Disorder) to ZS (Zellweger Syndrome)-there seems to be an alphabet disorder for almost every behavior, from those caused by serious, rare genetic diseases to more common learning disabilities that hinder children's academic and social progress.

Alphabet Kids have disorders that are often concurrent, interconnected or mistaken for one another: for example, the frequent combination of ASD, OCD, SID and ADHD. If a doctor only diagnoses one condition, he or she may have missed others. As the rates of these disorders dramatically rise, Alphabet Kids explains it all. Robbie Woliver covers 70 childhood disorders, providing information on causes, cures, treatments and prognoses. Chapters include a comprehensive list of signs and symptoms, and the disorders are illustrated with often heartbreaking, but always inspirational true-life stories of a child with the particular disorder.

This comprehensive, easy-to-read go-to guide will help parents to sort through all the interconnected childhood developmental, neurobiological and psychological disorders and serve as a roadmap to help start the families' journey for correct diagnoses, effective treatment and better understanding of their Alphabet Kids. £22.50

## **ANIMAL ASSISTED INTERVENTIONS FOR INDIVIDUALS WITH AUTISM /** Merope Pavlides

This book looks at how therapies involving animals can be used to help individuals with autism to develop skills, including sensory and social skills, to manage challenging behaviors, and improve quality of life.

Whether participating in therapeutic horseback riding, utilizing a trained service dog, visiting a dolphin therapy center, or simply experiencing companion animal therapy, people with autism can reap a multitude of benefits from interaction with furry, feathered, and finned friends. Merope Pavlides relates the success stories of different animal-assisted interventions, as well as noting the challenges of working with particular animal species. She also emphasizes the importance of tailoring interventions to the specific needs of the individual and of monitoring progress.

With recommendations for resources and further reading, this book will be of great interest to people with autism, their parents, and the professionals who work with them. £13.99

## **AUTISM / A Social Skills Approach to Children & Adolescents /** Maureen Aarons, Tessa Gittens

An excellent source of practical ideas that form the basis for programmes of intervention for children with autism. The content is primarily aimed at those working with children who have normal, or near normal, cognitive abilities, rather than those who work with children whose autism accompanies severe learning disabilities. - Offers children with autism an accessible route to a social skills programme and practitioners the opportunity to help students enhance their quality of life. - This approach to remediation appreciates that a disorder affecting social functioning should be remediate by focusing on this area. - The authors are speech language therapists who work both in the community and in educational settings. £35.99

## **AUTISM AND DIET / What You Need to Know /** Rosemary Kessick

Parents have been reporting a connection between autism and diet for decades, but for many years the science behind the connection was evasive. Today, we see a growing body of research to back up parental-reported evidence that certain foods and other environmental sources can affect the developing brains of some children, and trigger adverse behavioural episodes.

Written by an autism expert who has witnessed in her own child the dramatic improvement that can be made through dietary intervention, this book offers an 'easily digestible' guide to the science behind the considerations; strategies for implementing a safe diet; a handy list of ingredients to be avoided; as well as a concise bank of essential resources and useful contacts.

This book offers an accessibly concise guide to all aspects of dietary invention in children with autism, and is an ideal resource for parents, teachers and any other family member or caregiver who needs to know how to help implement a safe and healthy diet for an autistic child. £8.99

## **AUTISM AND GASTROINTESTINAL COMPLAINTS /** Rosemary Kessick

Children on the autistic spectrum frequently suffer from gastrointestinal complaints such as diarrhoea, constipation, abdominal pain, abdominal distension and flatulence. Far from being 'just part of the condition', worldwide research is confirming parents' reports that many of these children are actually suffering from serious underlying conditions which, if left

untreated, are a source of constant pain, which in turn can greatly exacerbate autistic behavioural symptoms.

Autism and Gastrointestinal Complaints summarises the symptoms often experienced and offers an accessible explanation of the underlying medical condition, together with practical suggestions as to how to help reduce the child's suffering. The findings of the latest research are presented in an understandable way, with a glossary explaining some of the terms often used by medics in plain language.

This book offers a concise guide to all aspects of gastrointestinal complaints in children with autism, and is an ideal resource for parents, teachers and any other family member or caregiver who needs to know how to help an autistic child. £8.99

### **DIETARY INTERVENTIONS IN AUTISM SPECTRUM DISORDERS** / Kenneth J. Aitken

Research in autism increasingly indicates the existence of different forms of the condition, and the possibility of dietary interventions having a positive effect on symptoms and behaviours associated with autism.

The author explores the main dietary approaches that have been advocated in ASD. For each approach, the author explores the potential benefits; evidence for and against the diet and its relation to different genetic conditions; and information, where available, on relevant publications, web resources and support groups. The author proposes an approach, the Simple Restriction Diet (SRD), which he describes in detail, explaining how to implement this approach and how to use it to work out whether a dietary approach is of benefit.

This book will be a valuable resource for families, individuals and professionals wishing to understand and explore the possibilities of dietary interventions and the benefits they can have for those on the autism spectrum.

Praise for the book:

*'Dr Aitken's book gives much-needed practical advice on matching the diet to the child and clear explanations about the biochemical background involved. Essential reading for anyone caring for a child with ASD.'* - **Dr Rosemary Waring, University of Birmingham**

£16.99

### **AUTISM, PLAY AND SOCIAL INTERACTION** / Lone Gammeltoft, Marianne Sollok Nordenhof

**Autism, Play and Social Interaction** is a fully illustrated guide that explains how to help children with autism spectrum disorders engage in interactive play, which is vital for the acquisition of social skills and attention to shared activities.

The authors explain how to set up suitably structured play environments, games schedules and play routines, and how to use visual aids and other props to facilitate co-operative play and interaction. Common children's games have been adapted to accommodate children with autism spectrum disorders and range from simple interaction, such as 'putting-in' and 'give and take', to more complex games like 'hide and seek', 'sound-lotto' and 'spin the bottle', as well as games that teach social behaviour, such as exchanging toys and engaging with other children for play opportunities.

This is a practical and accessible book for parents and teachers of children with autism spectrum disorders, as well as professionals working with these children. £11.99

**AUTISM: A VERY SHORT INTRODUCTION** / Uta Frith

What causes autism? Is it a genetic disorder, or due to some unknown environmental hazard? Are we facing an autism epidemic? What are the main symptoms, and how does it relate to Asperger syndrome? Everyone has heard of autism, but the disorder itself is little understood. It has captured the public imagination through films and novels portraying individuals with baffling combinations of disability and extraordinary talent, and yet the reality is more often that it places a heavy burden on sufferers and their families.

This Very Short Introduction offers a clear statement on what is currently known about autism and Asperger syndrome. Explaining the vast array of different conditions that hide behind these two labels, and looking at symptoms from the full spectrum of autistic disorders, it explores the possible causes for the apparent rise in autism and also evaluates the links with neuroscience, psychology, brain development, genetics, and environmental causes including MMR and Thimerosal.

This short, authoritative, and accessible book also explores the psychology behind social impairment and savantism, and throughout, sheds light on what it is like to live inside the mind of the sufferer. £7.99

**AUTISTIC SPECTRUM DISORDERS IN THE EARLY YEARS** / Lynn Plimley, Maggie Bowen, Hugh Morgan

Looking at the early years of a child's life, this book provides information on the services that are available for those from birth to five years, and addresses issues related to identification, assessment, teaching and learning and family support.

It is illustrated with case studies provided by parents and practitioners.

The following areas are discussed:

- o the Code of Practice for SEN & the SEN and Disability Discrimination Act
- o identification and assessment
- o good practice examples of multi-agency collaboration and provision
- o partnership with parents
- o social skills and behaviour
- o alternative intervention and home-based programmes
- o the transition from pre-school to school.

Professionals in Health, Social Services and Education, pre-school playgroups, nursery staff, parents and carers will all find this book useful. £14.99

## **AUTISTIC SPECTRUM DISORDERS IN THE SECONDARY SCHOOL** / Lynn Plimley

**Autistic Spectrum Disorders in the Secondary School**" looks at: making good transitions from primary school; how to provide helpful INSET for colleagues (including teachers, senior managers, support staff and lunchtime supervisors); using a special interest as a tool for learning; record-keeping, IEPs and sharing information across the school; subject disapplication and formal examinations; social strategies to employ in a large high school; useful tips for staff - what to do and what not to do; and work experience, careers and self-advocacy.

The importance of working closely with parents is also covered, as is dealing with challenging behaviour. £14.99

## **CONCEPTS OF NORMALITY** / Wendy Lawson

For those with autism, understanding 'normal' can be a difficult task. For those without autism, the perception of 'normal' can lead to unrealistic expectations of self and others. This book explores how individuals and society understand 'normal', in order to help demystify and make accessible a full range of human experience.

Wendy Lawson outlines the theory behind the current thinking and beliefs of Western society that have led to the building of a culture that fails to be inclusive. She describes what a wider concept of 'normal' means and how to access it, whether it's in social interaction, friendships, feelings, thoughts and desires or various other aspects of 'normality'. Practical advice is offered on a range of situations, including how to find your role within the family, how to integrate 'difference' into everyday society, and how to converse and connect with others.

Accessible and relevant to people both on and off the autism spectrum, this book offers a fresh look at what it means to be 'normal'. £14.99

## **DASHA'S JOURNAL** / A Cat Reflects on Life, Catness and Autism / T.O. Daria

Just a few weeks old, Dasha the cat found herself in a family with an autistic child. The publication of Temple Grandin's book *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behaviour* turned the household into a research laboratory, with the humans observing Dasha's behaviours and the cat experimenting with the 'human guinea pigs'.

The feline perspective provides a new outlook on autism conditions, challenging long established stereotypes and analysing controversies in the field with an unbiased attitude and humour. The text is interspersed with Dasha's 'wisdoms', 'research notes' and definitions of concepts based on her own understanding, such as 'A pet shop is a place where humans come to be adopted by the animals who are brave enough to take a responsibility of looking after them.'

Dasha's Journal provides research-based information in an amusing and accessible form and makes serious and complicated issues such as sensory perception, memory, communication, savant skills and challenging behaviours in autism easily understandable for the general reader. £12.99

## **ALL CATS HAVE ASPERGER SYNDROME / Kathy Hoopmann**

**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. £9.99

## **ALL DOGS HAVE ADHD / Kathy Hoopmann**

*All Dogs Have ADHD* takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD), using images and ideas from the canine world to explore a variety of traits that will be instantly recognisable to those who are familiar with ADHD.

Following the style of the award-winning *All Cats Have Asperger Syndrome*, charming colour photographs of dogs bring to life familiar ADHD characteristics such as being restless and excitable, getting easily distracted, and acting on impulse.

This delightful book combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'. This absorbing and enjoyable book takes a refreshing approach to understanding ADHD. £9.99

## **EDUCATING PUPILS WITH AUTISTIC SPECTRUM DISORDERS / A Practical Guide / Martin Hanbury**

Pupils with autism are now commonly taught in a range of settings including mainstream classes, special schools and autism specific provision. This book will help practitioners to employ appropriate teaching and learning strategies when working with those in their classroom who experience an autistic spectrum disorder. £17.99

## **POSITIVE BEHAVIOUR STRATEGIES TO SUPPORT CHILDREN AND YOUNG PEOPLE WITH AUTISM / Martin Hanbury**

Teachers in mainstream schools are increasingly accommodating pupils on the autistic spectrum in their classrooms, and this book offers advice on one of the most difficult aspects of teaching children and young adults with autism - understanding and managing their often challenging behaviour.

This book:

- o explores issues surrounding behaviour support
- o supplies INSET materials for developing practice in behaviour management
- o contains self-audit tools for practitioners

- o gives practical advice on developing an appropriate learning environment
- o provides guidance on how to promote positive behaviour
- o contains tried and tested photocopiable material and practical resources.

Essential reading for all teachers and teaching assistants working with pupils on the autistic spectrum, this book is based on the sound advice of an experienced practitioner who understands the reality of managing challenging behaviour in the classroom.

Martin Hanbury is head of a special school, a regional tutor on the Webautism course at the University of Birmingham and works for the National Autistic Society. £18.99

### **SOCIAL SKILLS ACTIVITIES FOR SPECIAL CHILDREN *Second Edition* / Darlene Mannix**

A flexible, ready-to-use program to help special students in grades K-5 learn appropriate ways to behave among others

The revised and updated second edition of this bestselling resource book provides ready-to-use lessons--complete with reproducible worksheets--to help children become aware of acceptable social behavior and develop proficiency in acquiring basic social skills. The book is organized around three core areas crucial to social development in the primary grades: Accepting Rules and Authority at School, Relating to Peers, and Developing Positive Social Skills. Each lesson places a specific skill within the context of real-life situations, giving teachers a means to guide students to think about why the social skill is important. The hands-on activity that accompanies each lesson helps students to work through, think about, discuss, and practice the skill in or outside of the classroom. £18.99

### **THE AUTISM INCLUSION TOOLKIT / Training Materials and Facilitator Notes / Maggie Bowen, Lynn Plimley**

*'This resource will be very valuable for professionals planning in-service training to assist settings to develop as Autistic Spectrum Disorder-friendly environments...the training would also help all settings become truly inclusive and friendly for all children and young people' - **Special Children***

A growing number of pupils with Autistic Spectrum Disorders (ASDs) are educated in mainstream settings. To support them effectively and maximise their learning potential, it is essential that all school staff fully understand their needs.

This complete training package can be delivered during staff meetings and on INSET days, to ensure autism-friendly practice throughout the school. £24.99

### **THE AUTISTIC SPECTRUM / Characteristics, Causes and Practical Issues / Jill Boucher**

*'This is an authoritative, accessible and original approach to our current understanding of autistic spectrum disorders' - **Rita Jordan PhD, Emeritus Professor in Autism Studies, University of Birmingham***

Jill Boucher is a leading academic and clinician who brings an individual and authoritative perspective to the autism field. In this book she does an excellent job of communicating a broad range of practical as well as theoretical issues to a general audience, making up-to-

date information about this puzzling condition accessible to a wide readership. Boucher's book is a welcome and unique addition to the literature' - **Tony Charman, Professor of Neurodevelopmental Disorders, University College of London** £24.99

**Groupwork for Children with Autism Spectrum Disorders** / Liz Ann Davidson, Kerrie Old, Christina Howe & Alyson Eggett

This series of three practical resource books (ages 3-5, 5-11 and 11-16) outlines a tried-and-tested multidisciplinary approach to working with children who have an Autism Spectrum Disorder (ASD). Maximum progress is achieved when professionals have a holistic view of the child's strengths and needs and adopt an integrated approach to intervention.

The author team of speech & language therapists and occupational therapists have used their experience of working together to create a practical resource for professionals working with children with ASD in small groups.

**Focusing on seven key areas of development**

***Each book aims to develop the children's skills in seven key areas of development.***

**40 photocopiable activities in each book!**

Each book provides forty photocopiable activities to develop a range of skills across different developmental areas, including communication, play/social skills, sensory skills and motor skills. Each activity has a list of targets that it could be used for, but is also designed to be used flexibly.

The emphasis can be changed so that children are working one-to-one with an adult, in parallel to peers or participating in a shared group activity, dependent on their skills level and individual targets.

The **Groupwork for Children with Autism Spectrum Disorders** books provide an invaluable resource for speech & language therapists, occupational therapists, physiotherapists, play therapists, family therapists, teachers, support staff and all those working to develop children's skills in small groups.

**Parents and carers are actively encouraged to participate in groupwork with their child.**

#### **Feedback from parents and carers**

'It made me more aware of what my child was good at as well as what he needs.'

'It has given me ideas of things I can be doing at home.'

'I enjoyed joining in the group and being part of my child's therapy.'

'The thing I enjoyed most was meeting other parents in the same situation as me.'

'It's so refreshing to see professionals working together in this way and it was easier for us as we had fewer appointments to go to.'

'Aaron is so much more confident since he went to the group and talks about his friends from there a lot.'

'Last week, Karima told me that she couldn't listen and do things at the same time and to

wait until she'd finished what she was doing! The group helped her understand this and gave her the skills to tell other people.'

**Buy all 3 Groupwork for Children with Autism Spectrum Disorder books at  
£94.00 SAVE £4.97**

**Groupwork for Children with Autism Spectrum Disorder  
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**Groupwork for Children with Autism Spectrum Disorder  
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