

AUTISM RESOURCES

BOOKS FOR PARENTS:

Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs

Author: Kate Strohm

When there's a disabled child in the family, how are normally developing siblings affected? According to Kate Strohm, a counselor and health educator, siblings of the disabled face particular emotional challenges that are often overlooked. Able siblings commonly struggle with feelings of isolation, grief, anger, and anxiety—and these and other emotional issues can have lifelong effects. Strohm explores the often secret feelings of siblings and offers valuable strategies for coping with the challenges they face. *Being the Other One* reveals the difficulties faced by siblings at all stages of life, from early childhood through adulthood, when siblings must often assume responsibility for the care of their disabled brothers and sisters. Though the book looks honestly at the many challenges that siblings face, it is full of encouragement and practical strategies. This book includes writing exercises for personal exploration and a substantial resources section listing helpful books, organizations, and websites.

Siblings of Children with Autism: A Guide for Families (Topics in Autism) 2nd Edition

Authors: Sandra L., PH.D. Harris, Beth A. Glasberg

Since 1994, *Siblings of Children with Autism* has been helping parents meet the needs of siblings in families of children with autism. During many years in clinical practice, the authors have worked with hundreds of families and seen firsthand how siblings can become overshadowed by the intensive focus on a child with autism. This common occurrence is only one of the many sibling issues that parents and professionals should not only be sensitive to, but ready to address. Now in a brand new and expanded edition, *Siblings of Children with Autism* explores the basics of sibling relationships and the complexities that surface in families of children with autism. Chapters cover how to explain autism to siblings, how to get siblings to share their feelings and concerns, how to master the family balancing act, and how to foster play between siblings. New chapters have been added concerning what siblings actually believe or understand about autism at different ages and how autism continues to impact adult sibling relationships, careers, and caregiver roles. Throughout the book, there are stories about individual families, giving readers points of comparison and helpful insights along the way. The direct challenges of raising a child with autism are well known to parents. But it is important for parents to also see autism through the eyes of their other children. For families looking for guidance on sibling issues and autism, the new edition addresses a multitude of their concerns and questions, and also offers advice on how to seek support from a family therapist or other professional when more intensive help is needed.

Uncommon Fathers: Reflections on Raising a Child with a Disability

Author: Donald J. Meyer

A compelling collection of essays by fathers who were asked to reflect and write about the life-altering experience of having a child with a disability. Nineteen fathers have taken an introspective and honest look at this deeply emotional subject, offering a seldom-heard perspective on raising children with special needs. This is the first book written for fathers by fathers. *Uncommon Fathers* should also be helpful to partners, family, friends, and service providers who will appreciate this rare forum and perhaps, learn from what these fathers have to say.

The Autism Acceptance Book: Being a Friend to Someone With Autism

Author: Ellen Sabin

The *Autism Acceptance Book* is an interactive, educational, and character-building book that introduces children to the challenges faced by people with autism while also supporting their personal journey toward appreciating and respecting people's differences. This book offers educational information, conversation-starters, and engaging exercises that invite children to "walk in someone else's shoes" as they learn to treat others the same ways they would like to be treated themselves.

My Friend with Autism: Enhanced Edition with FREE CD of Coloring Pages

Author: Beverly Bishop

My Friend with Autism is the exceptional result of parent Beverly Bishop's determination to educate her son's classmates about autism, thus helping her son fit in at school. A peer narrator explains that his friend with autism is good at some things and not so good at others—just like everyone else! In an informative, positive tone, he addresses issues such as: Sensory Sensitivity, Communication Differences, Unique Ways of Playing, Insistence on Routine.

Finding Our Way

Author: Kristi Sakai

Practical solutions for creating a supportive home and community for the Asperger Syndrome family.

Ten Things Every Child with Autism Wishes You Knew

Author: Ellen Notbohm

Framed with both humor and compassion, this book defines the top ten characteristics that illuminate the minds and hearts of children with autism.

BOOKS FOR SIBLINGS:

Oh Brother! Growing Up with a Special Needs Sibling

Author: Natalie Hale

Living with a sibling who has special needs can be difficult for a child to deal with, day after day. This book provides anecdotal examples, self-help guidelines, and practical coping techniques to promote positive, realistic attitudes as well as the benefits of having a special needs sibling.

Living with a Brother or Sister with Special Needs: A Book for Sibs, Second Edition

Authors: Donald Joseph Meyer, Patricia Vadasy

"Living with a Brother or Sister with Special Needs" focuses on the intensity of emotions that brothers and sisters experience when they have a sibling with special needs, and the hard questions they ask: What caused my sibling's disability? Could my own child have a disability as well? What will happen to my brother or sister if my parents die? Written for young readers, the book discusses specific disabilities in easy to understand terms. It talks about the good and not-so-good parts of having a brother or sister who has special needs, and offers suggestions for how to make life easier for everyone in the family. The book is a wonderful resource, not just for siblings and their parents but also for teachers and other professionals who work with children with special needs. This revised and updated edition includes new sections on attention deficit hyperactivity disorder, fetal alcohol syndrome, fragile X syndrome, traumatic brain injuries, ultrasound, speech therapy, recent legislation on disabilities, and an extensive bibliography.

Views from Our Shoes: Growing Up with a Brother or Sister with Special Needs

Author: Donald Joseph Meyer

In Views From Our Shoes, 45 siblings share their experiences as the brother or sister of someone with a disability. The children whose essays are featured here range from four to eighteen and are the siblings of youngsters with a variety of special needs, including autism, cerebral palsy, developmental delays, ADD, hydrocephalus, visual and hearing impairments, Down and Tourette syndromes. Their personal tales introduce young siblings to others like them, perhaps for the first time, and allow them to compare experiences. A glossary of disabilities provides easy-to-understand definitions of many of the conditions mentioned.

Siblings: The Autism Spectrum Through Our Eyes

Authors: Jane Johnson, Anne Van Rensselaer

Growing up with a sibling on the autistic spectrum can be difficult, and the needs of a child with autism often overwhelm a family, leaving neurotypical children feeling overshadowed. This book recognizes that brothers and sisters of autistic children need just as much love and attention as they do, allowing siblings to step into the limelight and share their experiences, both good and bad. This collection of personal stories has been written by siblings for siblings, and each individual tale comes directly from real-life experience, offering everything from empathy and constructive advice to reassurance that occasional feelings of resentment and embarrassment are entirely normal. Siblings of all ages candidly recount how being 'the neurotypical one' can be tiring and frustrating, but equally rewarding, and every story is injected with wisdom gained by young people who often have to grow up a lot more quickly than their peers. This book is essential reading for children and teenagers with a sibling on the autistic spectrum, and for parents wishing to understand how autism in the family will affect their neurotypical child.

BOOKS FOR PROFESSIONALS:

Sibshops: Workshops for Siblings of Children with Special Needs

Author: Donald J. Meyer and Patricia F. Vadasay

Beyond the Autism Diagnosis: A Professional's Guide to Helping Families

Author: Marion O'Brien, Julie A. Daggett

Engaging Autism

Authors: Stanley Greenspan and Serena Wieder

WEBSITES:

Autism Speaks <http://www.autismspeaks.org/>

Autism Speaks has grown into the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.

The Autism Society of MN <http://www.ausm.org/>

The Autism Society of Minnesota (AuSM) is an organization of families, educators, care givers, and professionals committed to supporting individuals with autism spectrum disorders (ASD). It was established in 1971. AuSM has members throughout the state of Minnesota and the upper Midwest. The Autism Society of Minnesota exists to enhance the lives of individuals with autism spectrum disorders. AuSM seeks to realize its mission through education support, collaboration, and advocacy

PACER Center <http://www.pacer.org/>

PACER Center is a parent training and information center for families of children and youth with all disabilities from birth through 21 years old. Located in Minneapolis, it serves families across the nation, as well as those in Minnesota. Parents can find publications, workshops, and other resources to help make decisions about education, vocational training, employment, and other services for their children with disabilities.

Sibling Support Project <http://www.siblingsupport.org/>

The Sibling Support Project is a national effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns.

Sibling of Your Special Needs Child

<http://www.permanente.net/homepage/kaiser/pdf/44897.pdf>

Brief overview of the dilemmas and advantages of siblings of special needs children, and how parents can address the common challenges faced by the siblings.

First Signs, Inc.

For more information about recognizing the early signs of developmental and behavioral disorders, please visit <http://www.firstsigns.org> or the Centers for Disease Control at www.cdc.gov/actearly