

# Understanding and Explaining Autism to Children Resource List

## SHARING THE DIAGNOSIS WITH YOUR CHILD

**[All My Stripes: A Story for Children with Autism](#)** by: *Shaina Rudolph*--- This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special.

**[Asperger's Huh? A Child's Perspective](#)** by: *Rosina Schnurr*--- A wonderfully simple and insightful view of a child with Asperger's

**[Autism: What Does It Mean to Me?: A Workbook Explaining Self Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers](#)** by: *Catherine Faherty*--- the workbook is engaged by the autistic child or adult to enhance self---understanding and awareness and foster communication with others about needs, preferences, and identity. Most every facet of a person's life is explored ----- areas particular to autism and areas every person engages ----- among them: ways of thinking, including focused interests, perfection versus doing your best, and the support of schedules; sensory experience, including stimming; creative expression; learning about and interacting with people; writing Social Stories; understanding speech and expressions in others; types of communication, including verbal or nonverbal, self--- advocacy, and miscommunication; supportive structures for school and approaching IEPs; friendship, play, and online acquaintances and safety; and emotions, including feeling anxious or upset, depression, and outbursts.

**[Different Like Me: My Book of Autism Heroes](#)** by: *Jennifer Elder*--- Different Like Me introduces children aged 8 to 12 years to famous, inspirational figures from the world of science, art, math, literature, philosophy and comedy--- who all have Autism.

**[Ethan's Story: My Life with Autism](#)** by *Ethan Rice*--- Witten by a first grader with Autism on what it feels like to have ASD.

**[I Love Being My Own Autistic Self](#)** by: *Landon Bryce*--- Is a funny and upbeat book for autistic people, their families, and others who care about them. Author Landon Bryce uses a colorful cast of cartoon characters to gently introduce neurodiversity, the idea that neurological differences should be respected and valued.

**[James Learns He Has Autism](#)** by: *Carolyn Huston*--- The story of a young elementary student who learns he has autism. It demonstrated how the author broached this subject with her son.

**My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis** by: *Gloria Dura--Vila---* This book is designed to be read with the child as a simple introduction to their diagnosis. Written

by a doctor and a children's author, the book is tailored precisely to the needs and experiences of the child with ASD aged 5 and up.

**Talking Together About an Autism Diagnosis** by: *Rachel Pike---* This book, for parents and caregivers of autistic children, explains the key things to think about when preparing to talk to your child about their autism diagnosis.

**Welcome to my world I have Autism** by: *Kay Forsman---* Is a book that will help both children and adults understand the struggles people with autism have on a daily basic.

**What it is to be me** by: *Angela Wine---* Written from the perspective of the author's son, Danny, a boy with Asperger's Syndrome, shares the ups, downs, and pride of being an Asperger kid.

**Yours Truly, Tommy: A Child's Perspective on Autism** by: *Beth Baus---* a beautiful book about an 8 year old boy named Tommy, who has autism. From his perspective we get a glimpse of the various challenges he faces and how best to understand the person rather than the label. (in English & Spanish in same book)

## **BOOKS FOR SIBLINGS, CLASSMATES AND FAMILY MEMBERS**

**A Friend Like John: Understanding Autism** by: *Suzanne Bartlett---* This book illustrates the fact that children with autism have many similarities to typically---developing children. On each page, questions are posed to the reader such as, "have you ever felt like that? " The goal is to foster acceptance of children with autism by their typically---developing friends, family and classmates.

**A Friend Like Simon** by: *Kate Gaynot---* When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat 'different' to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group

**All About My Brother Who Has Autism** by: *Amanda G--* This book was written and the pictures were drawn by a 6--year--old girl named Amanda who explains what it is like to have a special needs sibling. Amanda's 11--year--old brother Michael has autism and is unable to talk. From a child's perspective you will feel and understand the challenges and love she has for her brother.

**All Cats Have Asperger Syndrome** by: *Kathy Hoopmann---* 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.

**All Dogs Have ADHD** by: *Kathy Hoopman*--- 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 recognizable to those who are familiar with ADHD.

**Andy and His Yellow Frisbee** by: *Mary Thompson*--- An illustrated children's book about Andy, a boy with autism. Rosie, the watchful and protective sister, supplies background on Andy and autism, as well as a sibling's perspective.

**Autism Is...?** by: *Ymkje Widerman*--- van der Laan--- Logan overhears his grandma tell her friend he has autism, and he asks her, "Autism is...?" She explains it to him in this beautifully illustrated story.

**Autism and Me: Sibling Stories** by: *Ouisie Shapiro*--- Autism is really challenging," explains Christian, who tells about life with his sister, Mary Gwen, a beautiful girl who loves to swim. In these moving essays, Christian and many other kids tell what it's like to live with siblings who have autism.

**Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family** by: *Jude Welton*--- In this book, Adam helps children understand the difficulties faced by a child with AS; he tells them what AS is, what it feels like to have AS and how they can help children with AS by understanding their differences and appreciating their many talents. This book is ideally suited for boys and girls between 7 and 15 years old and also serves as an excellent starting point for family and classroom discussions.

**Diary of a Social Detective: Real---Life Tales of Mystery, Intrigue and Interpersonal Adventure** by: *Jeffrey Jessum*--- While Diary of a Social Detective is first and foremost a detective/ mystery book for young readers, it also addresses these often unspoken questions and offers clear---cut, practical strategies for solving social mysteries. The book is unique in that it steps outside the usual box of social skills solutions and delivers insights, tools and solutions within an engaging storyline that kids can relate to.

**Exceptionally Good Friends: Building Relationships with Autism** by: *Melissa Burkhardt*--- Winner of Autism Society of America's, "2015 Dr. Temple Grandin Award for Outstanding Literary Work of the Year." Mom's Choice Award winner. A rare glimpse into the world of autism.

**Everybody is Different** by: *Fiona Bleach*--- This book gives answers to the many questions brothers and sisters of young people on the autism spectrum have about their siblings. In addition to explaining in basic terms the characteristics of autism, this little book is full of helpful suggestions for making family life more comfortable for everyone.

**I AM AWESOME: Andrew Awesome and Autism Awareness** by: *Nakeisha Person*--- Andrew Awesome is a young boy having difficulty making friends due to having Autism. However, Andrew decides to inform his classmates about Autism and why it can be hard for him to communicate and make friends. In the end, Andrew not only makes new friends, he realizes that he is "AWESOME"

**I See Things Differently: A First Look at Autism** by: *Pat Thomas*--- This book will help children understand what autism is and how it affects someone who has it. A wonderful catalyst for discussion that will help children to better understand and support autistic classmates or siblings.

**Ian's Walk: A Story about Autism** by: *Laurie Lears*--- Julie can't wait to go to the park and feed the ducks with her big sister. Her little brother, Ian, who has autism, wants to go, too. Ian doesn't have the same reactions to all the sights and sounds that his sisters have, and Julie thinks he looks silly.

**In My Mind: The World through the Eyes of Autism** by: *Adonya wong*--- explores the inner world of an autistic child the world that no one else can see.

**Inside Asperger's Looking Out** by: *Kathy Hoopmann*--- Through engaging text and full---color photographs, this book shows neurotypicals how Aspies see and experience the world.

**Keisha's Doors/las Puertas De Keisha: An Autism Story/una Historia De Autismo Libro Uno** by: *Marvie Ellis*--- An older sister can't understand why her little sister won't play with her because of her Autism or what Autism is.

**Knowing Joseph** by: *Judith Mammay*--- Life with Joseph isn't easy. Brian constantly finds himself defending Joseph from kids that understand Joseph even less than Brian does. It takes a new friend and a school project before Brian can begin to know Joseph.

**Looking after Louis** by *Lesley Ely*--- A young girl sits next to a boy named Louis at school. Louis has autism, but through imagination, kindness, and a special game of soccer, his classmates find a way to join him in his world.

**My Best Friend Will** by: *Jamie Lowell*--- This stunning black---and---white photo journal chronicles the relationship between 11---year---old neurotypical Jamie and her friend Willie who has autism. The reader enters Willie s world through Jamie s eyes to witness events that unfold at school, at home, and at play.

**My Brother Charlie** by *Holly Robinson Peete*--- Aheartwarming story about a boy who happens to be autistic, based on Holly's son, who has autism.

**My Brother is Artistic: "A Brother's View of Autism"** by: *Jane Webb*--- Enter the world of autism through the eyes of a five year old brother. Carson is that five--- year old that is trying to understand his autistic older brother Griffin. This book is a book about understanding and loving the differences in us all.

**My Brother is Special My Brother Has Autism: A story about acceptance** by *Marta Schmidt*--- Mendez--- This story, as seen through the eyes of a sibling, expresses the confusion and pain a family feels when a diagnosis of autism is made. The story also highlights the beauty of accepting someone, even though they may be different, and realizing that, sometimes, a dream doesn't end, it just needs to be adjusted.

**[My Friend Has Autism](#)** by: *Amanda Doering Tourville*--- My friend Zack has a disability called autism. But that doesn't matter to us. We talk about airplanes, build models, and enjoy hanging out at each other's house. I'm glad Zack is my friend! English/Spanish Text

**[My Friend with Autism: Enhanced Edition with FREE CD of Coloring Pages!](#)** By: *Beverly Bishop*--- A peer narrator explains that his friend with autism is good at some things and not so good at others—just like everyone else

**[Playing by the Rules: A Story about Autism](#)** by: *Dena Fox Luchsinger*--- When a long---distance relative comes for a visit, Jody and her brother Josh, who has autism, find themselves teaching Great Aunt Tilda the rules of the games they like to play.

**[Russell Is Extra Special: A Book About Autism](#)** by: *Charles Amenta*--- The warm text and photographs give children a new understanding of autism and its effects on the families of autistic children.

**[Since We're Friends: An Autism Picture Book](#)** by: *Celeste Shally*--- A touching story of friendship to create a book that is the perfect guide for children and parents to better understand those with autism spectrum disorders.

**[Social Rules for Kids--The Top 100 Social Rules Kids Need to Succeed](#)** by: *Susan Diamond*--- Using simple, easy---to---follow rules covering topics such as body language, manners, feelings and more, this book aims to make students lives easier and more successful by outlining specific ways to interact with others on a daily basis.

**[Sometimes My Brother: Helping Kids Understand Autism Through a Sibling's Eyes](#)** by: *Angie Healy*--- It is lovingly written in the perspective of three---year---old Foster, who explains his experiences with his older brother, Gavin, who has autism.

**[Squirmy Wormy: How I Learned to Help Myself](#)** by: *Lynda Farrington Wilson*--- Tyler, who has autism and SPD (Sensory Processing Disorder). Together with Tyler, the reader learns about SPD, and what everyday easy therapys he can do by himself feel better.

**[Sundays with Matthew: A Young Boy with Autism and an Artist Share Their Sketchbooks](#)** by *Eliss Gagnon*--- Sundays with Matthew demonstrates that using a special interest and talent is a proven way to help a child reach his full potential.

**[Tacos Anyone? An Autism Story](#)** by: *Marvie Ellis*--- Thomas does not understand why his four--- year--- old brother with Autism behaves the way he does. English/Spanish text

**[Taking Autism to School](#)** by: *Andreanna Edwards*--- When read aloud, other children can identify why a peer may be treated differently and begin to empathize with them. In addition, children whose conditions set them apart as being different begin to feel accepted and safe.

**[That's What's Different About Me! Helping Children Understand Autism Spectrum Disorders](#)** by:

*Heather Mccracken*--- The purpose of this program is to educate neurotypical children so that the child with ASD can assimilate into normal social situations. "That's What's Different About Me" is a packaged puppet program, based off of the Friend 2 Friend program, designed for self--- use by parents, teachers, and other professionals.

**[The ADHD Workbook for Kids: Helping Children Gain Self--Confidence, Social Skills, and Self--Control](#)** by: *Lawrence Shapiro*---

The ADHD Workbook for Kids offers a simple way to help children with ADHD learn these critical skills in just ten minutes a day.

**[The Autism Acceptance Book: Being a Friend to Someone with Autism](#)** by: *Ellen Sabin*--- The Autism Acceptance Book is an activity book, a conversation---starter, and an educational tool that engages children in learning to embrace people's differences and treat others with respect, compassion, and kindness.

**[They Say I Have ADHD, I Say Life Sucks! Thoughts from Nicholas](#)** by: *Lisa--Anne Ray--Byers*--- Readers can vividly view how the symptoms of ADHD accumulate and often follow a domino effect. Readers will also gain insight into the thoughts and feelings behind many of the behaviors exhibited by children who have ADHD

**[Waiting for Benjamin: A Story about Autism](#)** by: *Alexandra Jessup Altman*-- Alexander's little brother, Benjamin, doesn't do things the way Alexander thinks he should. When Benjamin's family learns that he has autism, they hire special teachers to teach him how to listen and talk and play.

**[Why Does Izzy Cover Her Ears? Dealing with Sensory Overload](#)** by: *Jennifer Veenendall*--- It's a great resource for occupational therapists, teachers, and parents to share with children. Resources for adults at the end of the book include definitions of sensory processing and sensory modulation disorder, suggested discussion questions, and lists of related books and websites.