

AUTISM: A PRACTICAL GUIDE FOR PARENTS by Alan Yau

P/T 616.85882 YAU

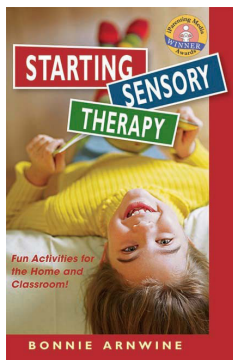
Theory is great, but as a busy parent of a young child with autism, what you would really like is a practical guide: with ideas, tips and strategies that you can use right away. Oh, and you want a book that is concise and easy to understand, right? Check out this book!

STARTING SENSORY INTEGRATION THERAPY: FUN ACTIVITIES FOR THE HOME AND CLASSROOM!

by Bonnie Arnwine

P/T 618.92 ARN

This book offers activities and games for children with Sensory Processing Disorders (SPDs). Bonnie Arnwine, who has a son with SPD, chooses activities that require minimal time, money and clean-up. If the kids tire of an activity, an "Extend It!" section shows how to use the same ingredients in new and different ways. Kids have fun with activities that exercise the seven sensory "muscles": visual, auditory, tactile, olfactory, oral, vestibular and proprioceptive senses. Activities can be enjoyed with others, so children also benefit from interacting socially with their peers, parents and teachers.



NO MORE MELTDOWNS: POSITIVE STRATEGIES FOR MANAGING AND PREVENTING OUT-OF-CONTROL BEHAVIOR by Jed Baker

P/T 649.64 BAK

Try this easy-to-follow, four-step model to improve your everyday relationships with the children in your life: managing your own emotions by adjusting your expectations, learning strategies to calm a meltdown in the moment, understanding why a meltdown occurs and creating plans to prevent future meltdowns.

Item descriptions quoted or adapted from publisher or distributor catalogs and websites.

Many of the items noted here are courtesy of the JAMES SZYPLIK MEMORIAL. We sincerely appreciate the generosity of his friends and family in bringing these resources to the Lombard community.

Youth Services * Helen Plum Library * 110 W. Maple Street, Lombard, IL 60148
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RESOURCES FOR CHILDREN WITH SPECIAL NEEDS

and the adults who care for them

Sensory Strategy Kits



fine motor skills



gross motor skills



coordination/
balance



tactile stimulation



spatial logic



cooperative play



communication

FEELINGS KIT

The **Flip Flop Faces: Emotion in Motion** bean bag toss game teaches children to understand facial expressions while developing gross motor skills and coordination skills. This set will foster conversations with your child about feelings and understanding self and others. **Point to Happy: For Children on the Autism Spectrum** was written and designed for children. It combines a picture book and a pointer. Children will learn to convey their wants, needs, experiences and most importantly, their feelings. The **Todd Parr feelings flash cards** make understanding feelings fun with 20 cards featuring 40 different emotions. Each card shows two opposite feelings in words and pictures. The **Kimochis Mixed Feelings Set** helps kids understand and manage their emotions through play. The interactive Kimochis come in bright colors with a facial expression on one side and the name of the emotion on the other side.

GEARS! GEARS! GEARS!

Gears! Gears! Gears! engages your child in beneficial play that encourages creativity and stimulates intuitive reasoning. Interlocking plates and gears help develop spatial logic and fine motor skills. With 96 pieces this set is great for building together! Included are building plates, colorful meshing gears, pillars, and a crank.

LAP PAL WEIGHTED LAP PAD



This weighted lap pad can help children settle as they rest, relax or focus on activities and tasks. The soothing weight on your child's lap may provide a gentle reminder to stay in place, and it can help his or her brain focus on learning.

MONKEY BALANCE BOARD



Your child can improve his or her balance and coordination with a sturdy wooden wobbly board, perfectly sized for little feet.

PUZZLE STACKER



Children are initially challenged to fine-tune motor skills by placing the easy to hold rings on an extra thick stacking pole. The child then begins to enhance spatial logic by interlocking any one puzzle piece to any other, in any order. There is no wrong answer! Finally, through "solving" the puzzle sequence the child learns color & size recognition.

RIVER STONES

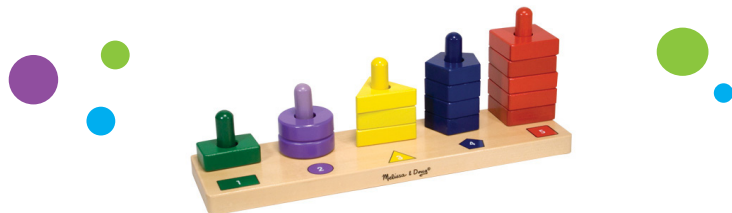


The River Stones sensory toy is inspired by stepping stones in a river with each side of the triangle varying in steepness and difficulty. Try to jump from stone to stone without touching the floor. You can vary the position of the stones to create more challenging paths based on your child's age and ability. Your child will build confidence when judging distances, jumping and balancing.

SPATIAL LOGIC KIT



The **Giant Pegboard** is a two-sided pre-math and pre-reading toy. One side features a pegboard for sorting, stacking, counting and matching. The flip side features raised pegs for creating geometric shapes (rubber bands not included). Pattern cards are included with activities for both sides. The **Stack and Sort Board** is a manipulative set with a variety of colors, shapes and opportunities for learning. A printed key on the wooden base offers guidance when it's wanted, but the possibilities for play are endless! Use these colorful blocks to encourage matching, counting, stacking, dexterity, fine motor skills and color recognition.

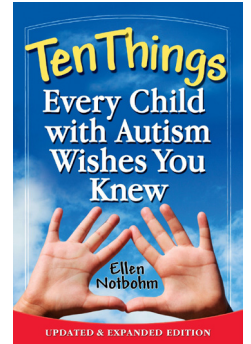


TEN THINGS EVERY CHILD WITH AUTISM WISHES YOU

KNEW by Ellen Notbohm

P/T 616.85882 NOT

With humor and compassion, this book describes ten characteristics that help illuminate—not define—children with autism. Ellen's personal experiences coalesce to create a guide for all who come in contact with a child on the autism spectrum. This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient and productive life. A bonus section includes essential, thought-provoking "things" to share and an appendix of more than seventy questions suitable for group discussion or self-reflection.



ALL I CAN HANDLE: I'M NO MOTHER TERESA : A LIFE RAISING THREE DAUGHTERS WITH AUTISM

by Kim Stagliano; foreword by Jenny McCarthy

P/T 616.85882 STA

Here is Kim Stagliano's electrifying and hilarious memoir of her family's journey raising three daughters with autism. In these stories, Stagliano has joined the ranks of David Sedaris and Augusten Burroughs with her ability to lay everything on the table—from family, friends and enemies to basement floods, birthdays and (possible) heroin addictions. From her love of Howard Stern to her increasing activism in the autism community and exhaustive search for treatments that will help her daughters, she covers it all.

HOW TO TALK TO AN AUTISTIC KID

by Daniel Stefanski; edited by Eric Braun; illustrations by Hazel Mitchell

J 616.85882 STE

A collection of personal stories, knowledgeable explanations, and supportive advice written by a fourteen-year-old autistic boy to help provide readers with the confidence and tools necessary to befriend autistic kids.

TOILET TRAINING FOR INDIVIDUALS WITH AUTISM OR OTHER DEVELOPMENTAL ISSUES: A COMPREHENSIVE GUIDE FOR PARENTS & TEACHERS

by Maria Wheeler

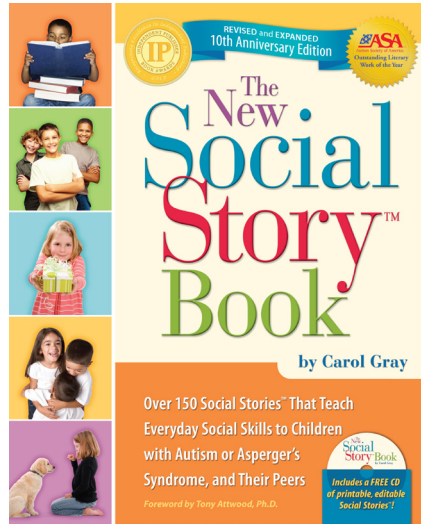
P/T 616.85882 WHE

Toilet training can become a battleground for caregivers and children alike, especially if the child has autism or other developmental challenges. Learn methods that help a child succeed.

THE NEW SOCIAL STORY BOOK by Carol Gray

P/T 616.85882 GRA

Carol Gray developed the "Social Story" in 1991 to promote social understanding in children with autism spectrum disorders (ASD). Now, nearly twenty years after their inception, social stories have become a standard approach for teachers and parents all over the globe, and the stories are more effective than ever! This edition of *The New Social Story Book* offers over 150 of the most requested social stories and also teaches you how to write social stories yourself!



THE AUTISM REVOLUTION: WHOLE-BODY STRATEGIES FOR MAKING LIFE ALL IT CAN BE

by Martha Herbert with Karen Weintraub

P/T 616.85882 HER

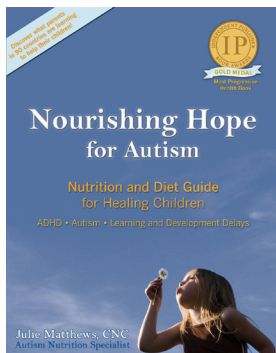
Harvard researcher and clinician Dr. Martha Herbert offers a revolutionary new view of autism and a transformative strategy for dealing with it. Autism is not a hardwired impairment programmed into a child's genes and destined to remain fixed forever. Instead, it is the result of a cascade of events, many seemingly minor. Here, she teaches you how to approach autism as a collection of challenges that can be overcome--and talents that can be developed. Her specific recommendations aim to provide optimal nutrition, reduce toxic exposures, shore up the immune system, reduce stress and open the door to learning and creativity--all by understanding and truly meeting your child's needs.

NOURISHING HOPE FOR AUTISM: NUTRITION AND DIET GUIDE FOR HEALING OUR CHILDREN

by Julie Matthews

P/T 616.85882 MAT

Julie Matthews, widely respected autism nutritionist, provides intense research and extensive clinical nutrition experience in this comprehensive guide. Readers are given practical steps for dietary intervention and a roadmap for getting started, evolving and customizing the varied approaches.



TACTILE STIMULATION KIT (A)



The twistable **Tangle** with bumpy nodes reduces stress naturally. This is a therapeutic sensory toy with color and texture. The **Tactile Tiger Hand Fidget** offers a bristled tactile surface as well as a raised surface on the top side. This product may be a calming agent for any child seeking sensory or tactile stimulation and can be used by your child alone, or by an adult as a tactile brush. An **Isokinetics Exercise Disc** provides a textured seat cushion. Many children may benefit from its subtle motion. Cushions can be used on the floor for balance training and strengthening of the lower extremities. A small (4") **Tangiball** stimulates your child's eyes, ears, fingers AND nose with a nubby texture and light scent. Children can practice skills like grasping, squeezing, squeaking, smelling, rolling, kicking and catching!

TACTILE STIMULATION KIT (B)



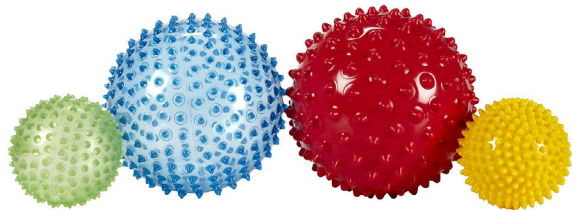
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WEDGiTS



The open-ended design of WEDGiTS stimulates children's perception and reasoning skills as they experience different ways to stack, nest and align these rhombus and octahedron shaped toys. This educational building toy encourages creativity, stimulates spatial thinking and teaches geometric patterning. Five different sizes of building shapes fit together to create almost anything.





Learning Games

Look for more Tools and Toys in the Learning Games section. These are a few items that may be helpful for some children.

SENSORY BALL SET

Learning Game 152.1 SEN

This set contains brightly colored balls in different sizes and textures. Some are smooth and some have ridges, nubs or bumps.



TOBBLES

Learning Game 152.334 TOB

The 6 Tobbles pieces can be carefully balanced, nested and more. Each of the colorful 6 spheres has a dual-textured surface and is weighted. Designed for encouraging sensory exploration, hand-eye coordination, fine motor skills and visual spatial awareness.



STEPPER

Learning Game 793.4 STE

Carefully step onto the non-slip surface of the Stepper. Now it's time to clomp around! Start with your right foot first. As you lift your foot up to take a step, pull the loop up with your hand so the Stepper stays on your foot and moves with it. Step down. Repeat with your left foot and you're off! Work on balance and coordination skills with this toy.



PARACHUTE

Learning Game 796.2 PAR

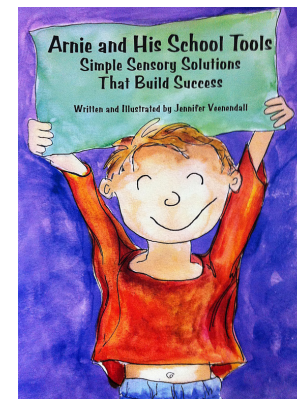
The parachute can be used for many different activities. This playchute encourages non-competitive cooperative play. Loop handles allow children to practice their grip, lift and run under or bounce balls on top.



Books

ARNIE AND HIS SCHOOL TOOLS: SIMPLE SENSORY SOLUTIONS THAT BUILD SUCCESS by Jennifer Veenendall P/T 371.94 VEE

This illustrated children's book centers around an exuberant little boy who had difficulty paying attention in class and doing his schoolwork until he was equipped with tools that helped accommodate his sensory needs. Written from Arnie's point of view, the book uses simple language to describe some of the sensory tools and strategies he uses at school and at home to help him achieve a more optimal level of alertness and performance. Additional resources are provided at the end of the book.



AUTISM EVERY DAY: OVER 150 STRATEGIES LIVED AND LEARNED BY A PROFESSIONAL AUTISM CONSULTANT WITH 3 SONS ON THE SPECTRUM by Alyson Beytien P/T 616.85882 BEY

Stemming from a wealth of both professional and personal experience, this guidebook combines real-life stories of challenges and successes with practical ideas for handling autism every day. Autism consultant Alyson Beytien outlines over 150 tried-and-true techniques for home, school and community.

I LOVE BEING MY OWN AUTISTIC SELF: A THAUTOONS BOOK by Landon Bryce J 616.85882 BRY

I Love Being My Own Autistic Self is a funny and upbeat book for autistic people, their families and others who care about them. Bryce uses a colorful cast of cartoon characters to gently introduce the idea that neurological differences should be respected and valued. Vector, our narrator, talks about the benefits and challenges that his autism gives him. Some of his friends show how different from each other autistic people can be, while other friends demonstrate what it is like to interact with people who do not have autism.

