

# How To Talk to Your Child About Having ASD

Arlington Public Schools  
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# General Tips



- Where to begin?
  - Use the terms (Autism, ASD, Asperger's)
  - Use books, social stories, or other tools (see resource list)
- When to tell my child?
  - Start at a young age
  - If your child is having any problems with self-esteem or not fitting in
  - If they have questions about IEPs, testing , or any part of feeling “different”
- What to tell them?
  - Be honest and offer facts
  - Answer questions

\*\*Many children already know before their parents tell them!

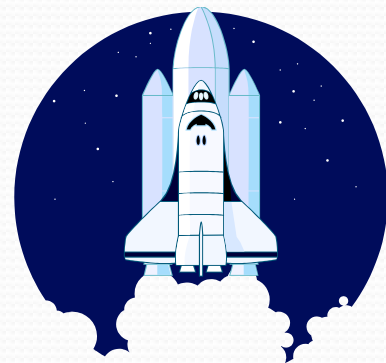
# Make talking about ASD a celebration, not just a focus on deficits and difficulties

- Having ASD provides many strengths and can lead to great talents and success – even for those with significant forms of autism
- Communities of support are available online and in person
- Fantastic role models!



# Good Things About Having ASD

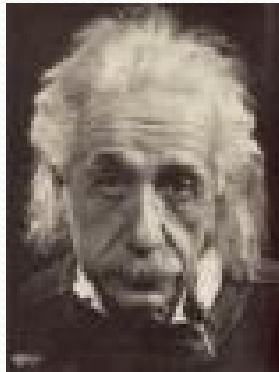
- Ability to see and remember details
- Being able to stay focused on certain tasks for a long time
- Honest and direct communicators
- Problem solving in new and creative ways
- REALLY good at things areas of strength and interest
- Friends who are loyal and interesting!



Many people diagnosed with or thought to have ASD have achieved great success



**Temple Grandin**



**Albert Einstein**



**Shigeru Miyamoto**



**Craig Nicholls**



**Heather Kuznich**



**Steven Spielberg**



**Daryl Hannah**



**Stephen Wiltshire**



**Satoshi Tajiri**



**Bill Gates**

# Popular Autism Pride Sayings

- Autism. Around since Noah lined up the animals and counted them.
- “For success in science and art, a dash of autism is essential” Hans Asperger
- Autism is not a tragedy... ignorance is.
- “Autism is as much a part of humanity as is the capacity to dream.” Kathleen Seidel
- Celebrate Neurodiversity
- Normal is just a setting on a dryer
- Don't Dis My Ability
- Aspitude
- I have Autism. What's your superpower?
- Not being able to speak is not the same thing as having nothing to say
- Asperger's isn't a disorder. It's an upgrade.



Celebrate Neurodiversity

# Books for All Ages

- *All Cats have Asperger's Syndrome* by Kathy Hoopman
- *Inside Asperger's Looking Out* by Kathy Hoopman
- *Dude, I'm an Aspie! Kids' Edition* by Matt Friedman
- *Autistic? How Silly is That! I Don't Need Any Labels at All* by Lynda Farrington Wilson
- *Different Like Me – My Book of Autism Heroes* by Jennifer Elder

# Books for Young Children

- *I am Utterly Unique – Celebrating the Strengths of Children with Asperger Syndrome and Autism* by Elaine Marie Larson
- *What It Is to Be Me! An Asperger Kid Book* by Angela Wine
- *Asperger's, huh? A Child's Perspective* by Rosina Schnurr
- *In My Mind: The World through the Eyes of Autism* by Adonya Wong
- *I Like Birthdays ... It's the Parties I'm Not Sure About!* By Laura Renke
- *The Legendary Blobshocker* by Ryan Wilson
- *Russell Is Extra Special: A Book about Autism for Children* by Charles Amenta
- *Autism is...?* By Ymkje Wideman-van der Laan



# Books for Older Children

- *Of Mice and Aliens: An Asperger Adventure* by Kathy Hoopman
- *Of Mice and Aliens: An Asperger Adventure* by Kathy Hoopman
- *The Survival Guide for Kids with Autism Spectrum Disorders (and their Parents)* by Elizabeth Verdick
- *This is Asperger Syndrome* by Brenda Smith Myles
- *Extraordinary People with Disabilities* by Deborah Hen
- *How to Talk to an Autistic Kid* by Daniel Stefanski
- *Colin Fisher* by Ashley Edward Miller
- *Do You Understand Me? My Life, My Thoughts, My Autism Spectrum Disorder* by Sofie Koborg Brøsen

# Books for Teens

- *Freaks, Geeks, and Asperger's Syndrome* by Luke Jackson
- *Ask and Tell* edited by Stephen Shore
- *The Aspie Teen Survival Guide* by J.D. Kraus
- *Asperger's... What Does It Mean To Me?* By Catherine Faherty
- *The Guide to Dating for Teenagers with Asperger Syndrome* by Jeannie Uhkenkamp
- *The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-so-obvious Social Guidelines for Tweens and Teens With Asperger Syndrome* by Jennifer O'Toole
- *Atypical: Life with Asperger's in 20 1/3 Chapters* by Jesse Saperstein
- *Appreciating Asperger Syndrome* by Brenda Boyd

# Books for Young Adults

- ***Succeeding in College with Asperger Syndrome: A student guide*** by John Harpur
- ***Aspies on the Job*** by Rudy Simone
- ***Aspergirls: Empowering Females With Asperger Syndrome*** by Rudy Simone
- ***Be Different: My Adventures with Asperger's and My Advice for Fellow Aspergians, Misfits, Families, and Teachers*** by John Elder Robison
- ***Asperger's From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome*** by Michael Carley
- ***Asperger Syndrome and Long-Term Relationships*** by Ashley Stanford
- ***Different . . . Not Less: Inspiring Stories of Achievement and Successful Employment from Adults with Autism, Asperger's, and ADHD*** edited by Temple Grandin
- ***Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*** by Liane Holiday Willey
- ***Mozart and the Whale: An Asperger's Love Story*** by Mary and Jerry Newport

# Books for Siblings and Friends

- *A is for Autism, F is for Friend* by Joanna L. Keating-Velasco
- *Sometimes My Brother: Helping Kids Understand Autism Through a Sibling's Eyes* by Angie Healy
- *Can I Tell You About Asperger Syndrome?: A Guide for Friends and Family* by Jude Welton
- *Everybody Is Different: A Book for Young People Who Have Brothers or Sisters With Autism* by Fiona Bleach
- *The Bully Blockers: Standing Up for Classmates with Autism* by Celeste Shally
- *Since We're Friends: An Autism Picture Book* by Celeste Shally
- *My Friend with Autism: A Coloring Book for Peers and Siblings* by Beverly Bishop
- *The Autism Acceptance Book: Being a Friend to Someone With Autism* by Ellen Sabin

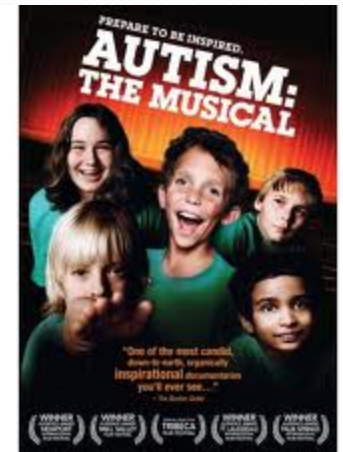
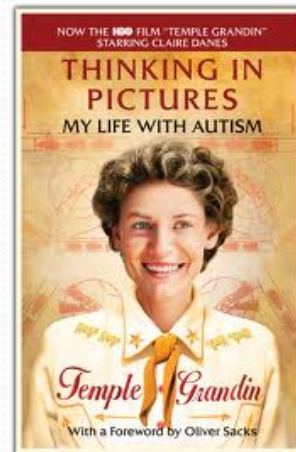
# Spanish -Language Books for Kids

- ***Mi Hermano Tiene Autismo*** by Jennifer-Moore Mallinos
- ***Tacos Anyone? An Autism Story (bilingual in Spanish and English)*** by Marvie Ellis
- ***Mi Amigo Tiene Autismo*** by Amanda Tourville
- ***Asperger...Que Significa Para Mi?*** By Catherine Faherety

# Films/DVDs

that may be appropriate for children or teens

- *Temple Grandin*
- *Positively Autistic*
- *Talk to Me: a Documentary Film about Children with Autism*
- *Autism is a World*
- *Wretches and Jabbers*
- *Adam*
- *Little Man Tate*
- *Autism: the Musical*



# Websites for Children and Teens

- <http://www.aspergersteenchat.com/>
- <http://www.imdetermined.org/youth/>
- <http://confessionsofateenageaspie.blogspot.com/2012/05/why-i-love-being-aspie.html>
- <http://www.asperger-advice.com/asperger-teens.html>
- <http://www.cdc.gov/ncbddd/kids/autism.html>
- <http://www.teenagerswithaspergers.com/Teenagers With Aspergers/Home.html>
- <http://autisticadvocacy.org/>
- <http://www.wrongplanet.net/>

# Websites for Parents on Talking to Their Kids About ASD

- <http://www.autism.org.uk/about-autism/all-about-diagnosis/diagnosis-the-process-for-children/after-diagnosis/diagnosis-telling-a-child-about-their-diagnosis.aspx>
- <http://www.foxnews.com/story/0,2933,536360,00.html>
- <http://www.iidc.indiana.edu/?pageId=362>
- <http://www.5minutesforspecialneeds.com/8434/telling-your-child-autism-that-they-have-autism/>
- <http://www.thinkingautismguide.com/2011/03/parenthood-telling-your-child-about.html>



# More info in Arlington Public Schools

**<http://www.apsva.us/autismservices>**

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