



## Info Rx

# Kids and Teens with ASD

Autism spectrum disorders (ASD) is an umbrella term for developmental disorders that will impact a person their whole life. ASD affects each person differently and is characterized by difficulties with social interaction and communication, unusual and problematic behavior, and sensory processing difficulties.

### **The Survival Guide for Kids with Autism Spectrum Disorders (and Their Parents)**

*Elizabeth Verdick*

Written for kids on the autism spectrum, this book helps kids understand their own condition and provides tools to cope with the challenges they face every day.

### **I See Things Differently: A First Look at Autism**

*Pat Thomas*

This simple illustrated book helps children understand what autism is and how it affects someone who has it.

### **Can I tell you about Autism?: A guide for friends, family and professionals**

*Jude Welton*

Tom, a young boy with autism invites readers to learn about his condition from his perspective.

### **You are a Social Detective**

*Michelle Garcia Winner and Pamela Crooke*

This visual book teaches children to recognize social cues and improve their social skills.

### **The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome**

*Jennifer Cook O'Toole*

A guidebook for teens on the spectrum, this book helps adolescents make sense of social rules and protocol.

### **Making Sense of My Feelings as a Teen with Autism Going Through Puberty**

*Travis Breeding*

Puberty is a confusing time for anyone. This book helps teens with autism to prepare for puberty and makes sense of what is happening with their body.

## **How to Talk to an Autistic Kid**

*Daniel Stefanski*

Stefanski, a teen with autism wrote this book to help others learn how to communicate with and understand those with autism.

## **The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism**

*Naoki Higashida*

Higashida's memoir gives readers a glimpse into the mind of a boy with severe autism.

## **Aspergirls: Empowering Females with Asperger Syndrome**

*Rudy Simone*

Written for girls on the spectrum by a woman with Asperger's Syndrome, this book helps girls navigate life and gives family and friends insight to life as a female with AS.

*This list was created by caring Families & Professionals*

These resources are available to borrow from:

### **Family & Community Resource Centre**

Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

[fcr.ca/health-information/library/information-prescriptions/asd](http://fcr.ca/health-information/library/information-prescriptions/asd)

For more information contact the Child Health Information Specialist  
at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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