



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.

Borrow these books from the FCRC or check your local library!

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.



Additional resources available fcr.ca/ahs.ca/rx/asd/

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.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrc.ahs.ca/rx/asd/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

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