



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

By Elizabeth Verdick, Elizabeth Reeve M.D.

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**The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)** By Elizabeth Verdick, Elizabeth Reeve M.D.

This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. Some children with ASDs are gifted; others struggle academically. Some are more introverted, while others try to be social. Some get "stuck" on things, have limited interests, or experience repeated motor movements like flapping or pacing ("stims"). *The Survival Guide for Kids with Autism Spectrum Disorders* covers all of these areas, with an emphasis on helping children gain new self-understanding and self-acceptance. Meant to be read with a parent, the book addresses questions ("What's an ASD?" "Why me?") and provides strategies for communicating, making and keeping friends, and succeeding in school. Body and brain basics highlight symptom management, exercise, diet, hygiene, relaxation, sleep, and toileting. Emphasis is placed on helping kids handle intense emotions and behaviors and get support from family and their team of helpers when needed. The book includes stories from real kids, fact boxes, helpful checklists, resources, and a glossary. Sections for parents offer more detailed information.

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**The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)** By Elizabeth Verdick, Elizabeth Reeve M.D. **Bibliography**

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## Editorial Review

### Review

“With a kid-friendly format featuring brightly colored text and cartoon drawings, *The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)* is a well-organized, go-to resource packed with solid information and advice for kids and adults.”—*Curriculum Connections, School Library Journal*

“Finally, a book that relates to kids on the spectrum because it incorporates actual stories from their lives in their own words! I loved the format, readability, and the content . . . [a] big thumbs up to [the] authors for tackling a tough subject and giving voice to the very group it impacts—kids with autism.”—Louise Sattler, school psychologist, contributor to Education.com

“Verdick and Reeve’s guide manages to skillfully balance on the edge between information-heavy academic books and too-simplistic books for young children. They have produced an informative, practical guide for late elementary and middle school students that neither talks down to them nor floats above their heads.”—*VOYA*

“Pick it up for its emphasis on self-acceptance and its A-to-Z nature.”—*Scholastic Parent & Child*

“A treasured resource for families looking for help in successfully working through some of the problems faced by higher-functioning children with ASD. Buy two copies; one is sure to get worn out with use.”—*School Library Journal*

“This book is designed to be a resource for the entire ‘team of helpers’ rooting for every child trying to reach [his or her] full potential, including parents, teachers, friends, and support staff. The overarching tone is one of openness, making no social or physical facet of ASD taboo. Real problems are answered with real solutions shared by kids. Interesting anecdotes and cartoon illustrations are presented alongside invaluable tools . . . [T]he authors lay a strong foundation in giving kids the ultimate skill of self-advocacy.”—*Booklist*

“With so many children being diagnosed with autism spectrum disorders, numerous new advice books are becoming available. This is one of the more useful ones . . . It explains in clear language strategies children can train themselves to employ to improve functioning in the neurotypical world and why these might be useful. Generally useful and easily readable . . . with lots of practical advice, especially appropriate for grade-schoolers and their caregivers.”—*Kirkus*

“Filled with useful, accessible advice; appealingly colorful, and jauntily illustrated, *The Survival Guide for Kids with Autism Spectrum Disorders* should be one of the first books a family buys after a diagnosis. I wish it had been around when my own son was the right age for it, but I’m glad it’s here now; it will be invaluable to so many children and their families.”—Claire LaZebnik, coauthor of *Overcoming Autism and Growing Up on the Spectrum*

## About the Author

**Elizabeth Verdick** has been writing books since 1997, the year her daughter was born. Her two children, now ages 14 and 10, are the inspiration for nearly everything she writes. In this survival guide, she writes from the perspective of a mother with a son on the spectrum and a passionate advocate for kids and parents in the autism community. She is the author of books in several Free Spirit series including *Toddler Tools™*, *Best Behavior™*, *Laugh & Learn™*, and *Adding Assets for Kids*. Elizabeth lives with her family and five pets near St. Paul, Minnesota.

**Elizabeth Reeve, M.D.,** contributes not only her medical knowledge, but also her experiences as a mother of a son who has autism. Her clinical work focuses primarily on children and adults with developmental disabilities, and she has worked with many community organizations providing services to this population. In addition to her research and patient care, she is involved in teaching on a daily basis, regularly speaks in the community to educate others in the field of developmental disabilities, and stays up-to-date on this ever-changing field. Her recent endeavors focus on transition issues for young adults with ASDs as they enter college and the work force. She currently works in St. Paul and lives in Minneapolis, Minnesota.

## Users Review

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#### **Mary Alexander:**

The experience that you get from *The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)* may be the more deep you searching the information that hide in the words the more you get serious about reading it. It does not mean that this book is hard to recognise but *The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)* giving you joy feeling of reading. The writer conveys their point in a number of way that can be understood simply by anyone who read this because the author of this guide is well-known enough. This kind of book also makes your current vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having that *The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)* instantly.

#### **Marcos Anderson:**

This book untitled *The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)* to be one of several books in which best seller in this year, here is because when you read this publication you can get a lot of benefit in it. You will easily to buy this specific book in the book retailer or you can order it by way of online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Cell phone. So there is no reason to you to past this reserve from your list.

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**Wayne Robinson:**

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