

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



AUTISM / AUTISME

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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Adolescents on the autism spectrum: a parent's guide to the cognitive, social, physical, and transition needs of teenagers with autism spectrum disorders / Sicile-Kira, Chantal -- New York: Berkley Publishing Group, 2006.

Using clear examples, practical advice, and supportive insights, this book covers: health risks; treatments, therapies, and teaching strategies; teaching skills to cope with puberty, self-care, and social skills; teenage emotions, sexuality, appropriate relationships, and dating; and developing an Individual Educational Program and preparing for life after high school.
FAM RJ 506 .A9 S525 2006

Autism all-stars: how we use our autism and Asperger traits to shine in life -- London: Jessica Kingsley Publishers, 2012.

Looking at the positive influences, great talents and unique thought processes of individuals with autism spectrum disorders, this book is a celebration of those who have used their autism to shine in life.
FAM RJ 506 .A9 A98 2012

The autism mom's survival guide (for dads, too!): creating a balanced and happy life while raising a child with autism / Senator, Susan -- Boston: Trumpeter Books, 2010.

Given the daily challenges of raising a child with autism, it's easy for parents to lose themselves. This book offers guidance and encouragement on how to find happiness and fulfillment in the midst of the struggles of raising an autistic child.
FAM RJ 506 .A9 S456 2010

The autism revolution: whole-body strategies for making life all it can be / Herbert, Martha. -- Ballantine Books: Ballantine Books, 2012.

Dr. Martha Herbert offers a new view of autism and a strategy for dealing with it. In this book, she discusses how to approach autism as a collection of problems that can be overcome, and talents that can be developed. Each success achieved gives the child more room to become healthy and to thrive.
FAM RJ 506 .A9 H45 2012

Autism spectrum disorders: a handbook for parents and professionals -- Westport, CT: Praeger, 2007.

This A-Z work contains original entries on the topic of Autism Spectrum Disorders. Entries include facts about disabilities, personal and historic perspectives, interventions, assessments, educational methods, trusted internet resources and national organizations. It also includes personal perspectives from individuals with ASD and their parents.
FAM RJ 506 .A9 A923 2007

A brief guide to autism treatments / Sandberg, Elisabeth Hollister; Spritz, Becky L. -- Philadelphia, PA: Jessica Kingsley Publishers, 2013.

The vast number of intervention options available for children with autism can be overwhelming for parents. This book provides brief, user-friendly descriptions of the most commonly publicized treatments for autism and summarizes popular opinion and the scientific evidence in an objective and accessible way.
FAM RJ 506 .A9 S26 2013

Can I tell you about Autism?: a guide for friends and family / Welton, June. -- London: Jessica Kingsley, 2014.

A boy named Tom describes what life with autism is like, explains the challenges he faces, and suggests ways for parents and educators to help those who suffer from the condition.

FAM RJ 506 .A9 W44 2014

Dear Gabriel: letter from a father / Freihow, Halfdan W. -- Toronto, ON: House of Anansi Press Inc. 2008.

The author describes his day-to-day experiences working with his autistic son to overcome many social and intellectual challenges.

FAM RJ 506 .A9 F7413 2008

An early start for your child with autism: using everyday activities to help kids connect, communicate, and learn / Rogers, Sally J.; Dawson, Geraldine; Vismara, Laurie A. -- New York: Guilford Press, 2012.

Cutting-edge research reveals that parents can play a huge role in helping toddlers and preschoolers with autism spectrum disorders (ASD) connect with others and live up to their potential. This encouraging guide from the developers of a groundbreaking early intervention program provides doable, practical strategies you can use every day.

FAM RJ 506.A9 .R642 2012

L'enfant autiste: stratégies d'intervention psychoéducatives / Mineau, Suzanne. -- Montréal: Éditions du CHU Sainte-Justine, 2013.

Les conseils suggérés dans cet ouvrage visent à offrir aux parents un soutien à court terme à la suite de l'annonce du diagnostic de leur enfant. Les auteures, des psychoéducatrices chevronnées, ont tiré parti de leurs années d'expérience professionnelle en évaluation et en intervention auprès des enfants autistes et de leurs parents pour déterminer les objectifs et les stratégies qu'elles considèrent comme les plus importants en début d'intervention.

FAM RJ 506 .A9 .M45 2013

Functional behavior assessment for people with autism: making sense of seemingly senseless behavior / Glasberg, Beth A. -- Bethesda, MD: Woodbine House, 2005.

This guide describes functional behaviour assessment (FBA), a strategy that parents and professionals can use to identify the factors contributing to problem behaviour.

FAM RJ 506 .A9 G63 2005

Girls growing up on the autism spectrum: what parents and professionals should know about the pre-teen and teenage years / Nichols, Shana -- London; Philadelphia: Jessica Kingsley Publishers, 2009.

The aim of this book is to help the reader understand the social, emotional, and behavioral challenges for a girl or young woman with an ASD in late elementary school, high school or the young adult years.

FAM RJ 506 .A9 N42 2009

Girls under the umbrella of autism spectrum disorder: practical solutions for addressing everyday challenges / Ernsperger, Lori -- Shawnee Mission, KS: Autism Asperger Publishing Company, 2007.

The authors provide first-hand accounts of girls' lives along with research-based strategies and practical techniques for addressing the unique needs of girls on the spectrum while nurturing and developing their gifts and talents.

FAM RJ 506 .A9 E86 2007

Grandir avec toi: une fratrie singulière [DVD] -- Montréal: Fédération québécoise de l'autisme et des autres troubles envahissants du développement, 2005.

Partager son enfance avec un frère ou une sœur souffrant d'un trouble envahissant du développement (TED) présente d'indéniables difficultés. La gêne, la jalousie et la colère

s'entremêlent souvent à l'amour et à la culpabilité. L'attention des parents, nécessairement mal répartie entre les enfants de la famille, fait parfois défaut à ceux d'entre eux qui, au fond, savent bien qu'ils en ont moins besoin. Par la force des choses, ces derniers font souvent preuve d'une grande maturité.
FAM RJ 506 .A9 G62 2005

Growing up with autism: working with school-age children and adolescents -- New York: The Guilford Press, 2007.

This book provides accessible guidance and hands-on suggestions for supporting positive behavior, communication, and social skills; managing issues related to mental and physical health and sexuality; helping families access services and navigate the legal system; and optimizing the educational and transition planning process.
FAM RJ 506 .A9 G76 2007

The horse boy: a father's quest to heal his son / Isaacson, Rupert -- New York: Little, Brown and Co, 2009.

When his son Rowan was diagnosed with autism, Rupert Isaacson was devastated, afraid he might never be able to communicate with his child. But when Isaacson, a lifelong horseman, rode their neighbour's horse with Rowan, Rowan improved immeasurably. He was struck with an idea: why not take Rowan to Mongolia, the one place in the world where horses and shamanic healing intersected? Also available in DVD format.
FAM RJ 506 .A9 I795 2009

Making autism a gift: inspiring children to believe in themselves and lead happy, fulfilling lives / Cimera, Robert Evert -- Lanham: Rowman & Littlefield Publishers, Inc, 2007.

This book provides numerous strategies to help parents and teachers maximize the success of their children and students. Also included is the rarely discussed topic of adult autism and what parents can hope for when they are no longer able to care for their child.
FAM RJ 506 .A9 C485 2007

Making peace with autism: one family's story of struggle, discovery, and unexpected gifts / Senator, Susan -- Boston: Trumpeter Books, 2005.

In this insightful narrative, a courageous and inspiring mother explains why a diagnosis of autism doesn't have to shatter a family's dreams of happiness. Senator offers the wisdom of someone who's been there and is still there today—and she demonstrates how families can find courage, contentment, and connection in the shadow of autism.
FAM RJ 506 .A9 S457 2005

A mother's courage: talking back to autism [DVD] -- New York: First Run Features, 2010.

Follow one woman's journey as she tries to help her severely autistic son break out of his own mind. Traveling to the United States from her home in Iceland to try to learn more about this complex condition, she meets along the way other families who have similar situations and all are looking for some answers.
FAM RJ 506 .A9 M67 2010

Parenting across the autism spectrum: unexpected lessons we have learned / Morrell, Maureen F. -- London: Jessica Kingsley, 2006.

Maureen F. Morrell and Ann Palmer are raising two very different children: Justin, a whirlwind of activity and mood swings, who is supervised in a residential farm community, and Eric, quiet and passive, who lives independently at college. The authors give an account of the striking similarities as well as the stark differences in their experiences of parenting children at opposite extremes of the autism spectrum. The two mothers speak

openly about their children's diagnosis and early childhood through to adolescence, young adulthood and the day they leave home.
FAM RJ 506 .A9 M677 2006

Parenting on the autism spectrum: a survival guide / Adams, Lynn. -- San Diego: Plural Pub., 2010.

This book combines current research and literature reviews with experiences of families impacted by ASD for the past 20 years. It offers hands-on activities that will allow parents to help their child develop communication skills, and it has a collection of practical, real-world information and insights to help parents plan for their child's needs.

FAM RJ 506 .A9 A355 2014

Preparing for life: the complete handbook for transitioning to adulthood for those with autism and Asperger's syndrome / Baker, Jed -- Arlington, TX: Future Horizons, 2005.

A life skills guide for individuals with autism and Asperger's syndrome discusses social skills and strategies needed for success in the adult world, including discussion of perspective-taking, nonverbal communication skills, and stress management.

FAM RJ 506 .A9 B3 2005

The reason I jump: the inner voice of a thirteen-year-old boy with autism / Higashida, Naoki. -- New York: Random House, 2013.

Written by a very smart, very self-aware, and very charming thirteen-year-old boy with autism, this memoir demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know.

FAM RJ 506 .A9 .H65 2013

Right from the start: behavioral intervention for young children with autism / Harris, Sandra L. -- Bethesda, MD: Woodbine House, 2007.

This book helps to guide parents through the complex process of understanding the differences among ABA programs and selecting the right program based on the individual needs of the child and the family.

FAM RJ 506 .A9 H269 2007

Solving sleep problems in children with autism spectrum disorders: a guide for frazzled families / Katz, Terry; Malow, Beth A. -- Bethesda, MD.: Woodbine House, 2014.

The authors show parents how to evaluate sleep problems in children with autism spectrum disorder. They describe the basics of sleep; the connection between sleep and autism; how to evaluate daily routines and sleep habits; types of sleep problems children might have and what to do; medical considerations and partnering with a health care provider; how to help children transition to bedtime, fall asleep, and stay asleep; and how to evaluate the sleep plan and apply it to new situations like sleepovers and vacations.

FAM RJ 506 .A9 K366 2013

That's life with autism: tales and tips for families with autism -- London: Jessica Kingsley, 2006.

Each chapter addresses a specific topic, and ranges from the effect of autism in the family on couple or sibling relationships and intervention options to educational issues, diet, and the role of friends and relatives. It also provides starting points for the development of positive strategies, including networks of support in which parents can learn from and find support from others in similar situations.

FAM RJ 506 .A9 T43 2006

Vivre l'autisme [DVD] -- Toronto: Autism Ontario, 2008.

Cinq simulations qui aideront les élèves à comprendre l'autisme. Grâce à cinq activités de simulation, les élèves comprendront mieux ce qui vivent les personnes autistes.

FAM RJ 506 .A9 V58 2008

Yoga for children with Autism Spectrum Disorders: a step-by step guide for parents and caregivers / Betts, Dion E. -- London, UK: Jessica Kingsley, 2006.

This illustrated book offers gentle and fun yoga techniques to help deal with the anxiety, disorientation, and tactile sensitivity often found in children with ASDs.

FAM RJ 506 .A9 B47 2006

Web Sites / Sites internet

Autism Parent Resource Kit – Ministry of Children and Youth Services / Trousse de ressources sur l'autisme pour les parents – Ministère des services à l'enfance et à la jeunesse

<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/autism/aprk/index.aspx>

Knowledge Base – Autism Ontario / Base de connaissances - Autisme Ontario

<http://autismontario.novosolutions.net/homekb.asp>

Autism Ontario / Autisme Ontario

<http://www.autismontario.com/>

Autism Canada Foundation

<http://www.autismcanada.org/>

Autism Spectrum Disorder (ASD) - Government of Canada / Trouble du spectre autistique (TSA) – Gouvernement du Canada

http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/autism-autisme/index-eng.php?_ga=1.243370949.1703783486.1410798277

Questions and Answers: Students with Autism Spectrum Disorders – Ontario Ministry of Education / Questions et réponses: Les élèves atteints de troubles du spectre autistique – Ontario ministère de l'éducation

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/autism.html>

La Fédération québécoise de l'autisme et des autres troubles envahissants du développement (FQATED)

<http://www.autisme.qc.ca/accueil.html>

Autism Spectrum Disorder (ASD) Condition Information - National Institute of Child Health and Human Development

<http://www.nichd.nih.gov/health/topics/autism/conditioninfo/Pages/default.aspx>

Center for Study of Autism

<http://www.autism.org/>

Geneva Centre for Autism

<http://www.autism.net>

Apps

Autism Tracker Lite: Track, Analyze and Share ASD Daily

- From Track & Share Apps, LLC
- English
- Lite version free, can purchase full version
- Last updated Oct 2014
- From iTunes: Autism Tracker can be life changing for families with an autistic child. Track what matters to your child and family. Use the visual calendar and multi-item graphs to view and discuss patterns. Share individual events or entire screens with your team using Dropbox, email or Twitter (Twitter lets you set up closed groups). Autism tracker is an educational app that helps families explore autism. Each of its screens represents a different domain of autism. Several screens are already set up to get you started – mood, behavior, food, health and reports.
- Available from [iTunes](#)

Sesame Street and Autism

- Sesame Workshop
- English
- Last updated Nov 2015
- From Google Play: These resources are for all families, with or without children with autism. They'll help build understanding, reduce stigma, and provide support with everyday routines. For parents and caregivers, the Sesame Street and Autism: See Amazing in All Children app provides tools to help families with preschool children with autism, as well as help those just learning about autism celebrate differences and build bridges of acceptance.
- Available from [Google Play](#) and [iTunes](#)

LetMeTalk: Free AAC Talker

- From Appnotize UG
- Free
- English
- Last updated June 2016
- From Google Play: LetMeTalk enables you to line up images in a meaningful way to read this row of images as a sentence. To line up images is known as AAC (Augmentative and Alternative Communication). The image database of LetMeTalk contains more than 9,000 easy to understand images from ARASAAC. Additionally, you can add existing images from the device or take new photos with the build in camera.
- Available from [iTunes](#) and [Google Play](#)

Local Contacts / Liaison régionales

Ottawa Children's Treatment Centre
395 Smyth Rd
Ottawa, ON K1H 8L2
613-737-0871
<http://www.octc.ca/index.php>
info@octc.ca

Autism Ontario – Ottawa Chapter



1140 Morrison Dr.
Ottawa, ON K2H 8S9
613-230-6305
<http://www.autismontario.com/Ottawa>
ottawa@autismontario.com

Children at Risk
235 Donald St., Suite 209
Ottawa, ON K1K 1N1
613-741-8225
<http://www.childrenatrisk.ca>
car@childrenatrisk.ca

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

Last Updated / Mise-à-jour: July 2016 juillet
Links Tested / Liens vérifiés: July 2016 juillet