Autism Books

- **Ten Things Every Child with Autism Wishes You Knew.** Ellen Notbohm.
  - Defines the top ten characteristics of the minds and hearts of children with Autism. For teachers, parents, social workers, therapists, and physicians. ISBN-1932565302.

- **The Autism Mom’s Survival Guide (for Dad’s, too!): Creating a Happy and Balanced Life While Raising a Child with Autism.** Susan Senator.
  - Takes the stories and ideas of researchers, teachers and parents to provide enlightening advice and encouragement to parents struggling to raise a child with autism. ISBN: 1590307534

- **1001 Great Ideas for Teaching and Raising Children with Autism or Asperger’s.** Ellen Notbohm and Veronica Zysk.
  - Over 1000 ideas, tips, advice, and strategies for parents. Written by award-winning authors. ISBN: 1935274066.

  - Parenting tips for everything from outdoor and water play, music, arts and crafts, games and puzzles, to television time for children with Autism. ISBN: 1843106086.

- **Not My Boy!** Rodney Peete.
  - A father shares his experience about raising a child with autism, and how to overcome the challenges it can bring to marriage and family life. ISBN: 1401323618.

  - Includes, but is not limited to: “why people with ASDs act the way they do”, “coping strategies and practical tips for families”, and “teaching strategies and resources for educators and other professionals” (quotes from back cover of text). ISBN: 0399530479.

- **The Way I See It: A Personal Look at Autism and Asperger’s.** Temple Grandin, Ph.D.
  - Includes, but is not limited to: “how and why people with autism think differently, economical early intervention programs that work, teaching people with autism to live in an unpredictable world, and employment ideas for adults with autism” (quote from back cover of text). Advice for treating both adults and children. ISBN: 1932565728.

Autism Websites and Organizations

- **Foundation for Autistic Childhood Education and Support (FACES)**
  - Provides information about early intervention, school consultation, parent training and social development, as well as links to other resources.
  - [http://facesforkids.org/](http://facesforkids.org/)

- **Autism Support Network: Connect, Guide, Unite.**
  - Mission Statement: “Our goal is to short-cut the uphill battle individuals and families undertake when faced with autism. Our support community, which is free for anyone to join, is intended to pool global knowledge and support from all those touched by ASD. The Autism Support Network is designed to provide social connection, peer guidance and a feeling of community with people that understand.”
  - [http://www.autismsupportnetwork.com/](http://www.autismsupportnetwork.com/)

- **National Autism Association**
Mission Statement: “The mission of the National Autism Association is to respond to the most urgent needs of the autism community, providing real help and hope so that all affected can reach their full potential.”

http://www.nationalautismassociation.org/index.php

Autism Society of America: Improving the Lives of All Affected by Autism

Mission Statement: “The Autism Society, the nation’s leading grassroots autism organization, exists to improve the lives of all affected by autism. They do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.”

http://www.autismsociety.org/site/PageServer

Autism Speaks

Mission Statement: “Autism Speaks is dedicated to raising public awareness about autism and its effects on individuals, families, and society, and to providing information, tools, and resources to improve the lives of individuals and families affected by autism. Is a resource for support groups and other organizations around the nation.”

http://www.autismspeaks.org/

Generation Rescue

Mission statement: “Generation Rescue is an international movement of scientists, physicians and parent-volunteers researching the causes and treatments for autism and helping more than 20,000 children begin biomedical treatment.”

http://www.generationrescue.org/home

The Autism Society of Washington

Mission statement: “Our vision is to promote lifelong access to appropriate treatment and interventions for individuals with ASD and their families. ASW also advances opportunities for individuals to be fully integrated and participating members of their communities by providing support to families and promoting advocacy, public awareness, education, and dissemination of current research related to autism.”

http://www.autismsocietyofwa.org/index.php

Asperger Support Network

Mission statement: “The Asperger Support Network grew out of the Seattle Asperger Parent Support Group and has grown to be one of the largest, most comprehensive resources for information about raising or working with a child with Asperger’s Syndrome. The organization is located in the Puget Sound area and includes access to support groups, information on diagnosis and therapy and education, and research studies.”

http://seattleaspergers.org/default.aspx

Attention Deficit Hyperactivity Disorder Books

Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach. Vincent J. Monastra, Ph.D.


The Gift of ADHD: How to Turn Your Child’s Problems into Strengths. Lara Honos-Webb, Ph.D.

Suggests that “many of the traits common among kids with ADHD are expressions of deeper gifts: a powerful imagination, a great capacity for insight, and unusual intuition.” Shows readers how they can “help their children enhance these gifts by channeling ADHD-related traits into productive outlets” (quotes from text back cover). ISBN:1572248505.
• **The Gift of ADHD Activity Book: 101 Ways to Turn Your Child’s Problems into Strengths (Companion)** Lara Honos-Webb, Ph.D.
  - “Instead of struggling to “tame” your easily distracted child, [Dr. Honos-Webb] shows you how to appreciate your child’s creativity, sensitivity, and passion for living. In this book, she develops the ideas from *The Gift of ADHD* into 101 simple and engaging activities you can use to develop your child’s unique strengths” (back cover of text).

• **From Chaos to Calm: Effective Parenting for Challenging Children with ADHD and other Behavior Problems.** Janet E. Heininger & Sharon K. Weiss.
  - “When getting up, going to school, completing homework, helping with chores, and getting to bed all become battlegrounds, the step-by-step proven techniques presented here will help parents achieve peace in their households. Includes tips on proactive parenting, discipline, and how to deal with stalling, forgetting, overreacting, and other everyday behavior problems” (back cover of text). ISBN: 0399526617.

• **The ADD & ADHD Answer Book: Professional Answers to 275 of the Top Questions Parents Ask.** Susan Ashley, Ph.D.
  - “A reassuring, authoritative reference for you and your family, providing sound advice and immediate answers to your most pressing questions, such as: Are there any devices that can aid my child in homework? What type of doctor should evaluate my child? Is there a cure for AD/HD?” (back cover of text) ISBN:140220549X.

• **School Success for Kids with ADHD.** Stephan M. Silverman, Ph.D., Jacquelyn S. Iseman, Ph.D., & Sue Jeweler.
  - A comprehensive plan for parents and professionals with topics that cover (but are not limited to): “recognizing the causes and types of attention deficit disorders and how they appear in the school context, understanding the laws regarding students with special needs, and coaching students with attention deficits to success” (back cover of text). ISBN: 1593633580.

• **10 Days to a Less Distracted Child: The Breakthrough Program that Gets Your Kids to Listen, Learn, Focus, and Behave.** Jeffery Bernstein, Ph.D.
  - “A fresh, practical, and completely original take on handling inattentive or hyperactive children. Anecdotal examples throughout help parents understand their kids, improve focus and organization at school, and eliminate other distracted or inappropriate behaviors at home” (back cover of text). ISBN: 1600940196.

• **Your Defiant Child.** Russell A. Barkley, Ph.D., & Christine M. Benton, Ph.D.
  - This book’s comprehensive eight-step program “stresses consistency and cooperation, promoting changes in behavior through a system of praise, rewards, and mild punishment. Readers learn tools and strategies for establishing clear patterns of discipline, communicating with children on a level they can understand, and reducing family stress overall” (back cover of text). ISBN: 1572303212.

• **Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Revised Edition).** Russell A. Barkley, Ph.D.

• **The ADHD Parenting Handbook: Practical Advice for Parents from Parents.** Colleen Alexander-Roberts.
  - “Other parents, who have faced the same problems you are struggling with, tell what strategies really worked for them in raising their children with ADHD. A plethora of concrete suggestions and techniques for raising hyperactive children without losing your temper” (back cover of text). ISBN: 0878338624.
• How To Reach And Teach Children with ADD/ADHD: Practical Techniques, Strategies, and Interventions. Sandra F. Rief, M.A.

  o “When a teenager has ADD or ADHD, the normal stresses and strains of adolescence can be amplified, and often have parents panicked and unsure about their child’s future. This book provides parents with immediate help and hope, covering important topics like ascertaining a diagnosis, training for success in school and academics, finding the right medication if necessary, and how to deal with behavior issues” (back cover of text). ISBN: 1890627313.

ADHD Websites and Organizations

• ADDA: Attention Deficit Disorder Association
  o Mission statement: “ADDA is the world’s leading adult ADHD organization. Our mission is to provide information, resources and networking opportunities to help adults with Attention Deficit/Hyperactivity Disorder (AD/HD) lead better lives. Our goal is to generate hope, awareness, empowerment and connections worldwide in the field of AD/HD.”
  o [http://www.add.org/site/PageServer](http://www.add.org/site/PageServer)

• Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)
  o Mission statement: “CHADD is the nation's leading non-profit organization serving individuals with AD/HD and their families. Provides general information on AD/HD and links to support services.”

• ADDitude: Living Well with Attention Deficit
  o Mission Statement: “ADDitude has provided clear, accurate, user-friendly information and advice from the leading experts and practitioners in mental health and learning for almost 10 years. Includes links to support groups and other organizations, as well as information on parenting, treatments and school success.”

• National Center for Learning Disabilities
  o Mission statement: “Our Mission is to ensure that the nation's 15 million children, adolescents, and adults with learning disabilities have every opportunity to succeed in school, work, and life. Provides tips for parenting, school success, and self-help.”

• Learning Disabilities and Attention Deficit Hyperactivity Disorder (LD/ADHD) Task Force
  o Mission statement: “We are a task force of people concerned with advocacy for and self-advocacy by persons with Learning Disabilities and Attention Deficit Hyperactivity Disorder. Our mission is to improve the quality of life for individuals with LD/ADHD, their families, and communities by providing a continuum of accessible resource information and support services to promote self-supportive living and positive employment outcomes.”
Fetal Alcohol Syndrome Books

- **Fetal Alcohol Syndrome: A Guide for Families and Communities.** Ann Pytkowicz Streissguth.
  - “Explains the medical and social issues surrounding fetal alcohol syndrome (FAS) and fetal alcohol effects (FAE), and explains how to identify and work with children and adults who have the disorder” (back cover of text). For parents and professionals. ISBN: 1557662835.

  - This book “acknowledges the diverse and multi-faceted needs of people with Fetal Alcohol Syndrome or Fetal Alcohol Effects across the lifespan” (back cover of text). A valuable resource for parents and professionals.

- **Damaged Angels: An Adoptive Mother Discovers the Tragic Toll of Alcohol in Pregnancy.** Bonnie Buxton.
  - “Part heart-felt memoir, part practical guide, Damaged Angels recounts Bonnie Buxton’s years-long struggle to raise a child whose biological mother drank alcohol during pregnancy. This uniquely helpful book offers guidance to parents, teachers, caregivers and healthcare professionals who work with children with FAS” (back cover of text). ISBN: 0786715502.

- **Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome.** Judith Kleinfield.
  - “This book describes in concrete, specific ways how to educate children with fetal alcohol syndrome/fetal alcohol effects (FAS/FAE). It communicates an optimistic message that is both true and appealing: with the right education, delivered by a nurturing individual in the home or in the school, many alcohol-affected children thrive” (back cover of text). ISBN: 091200665X.

Fetal Alcohol Syndrome Websites and Organizations

- **National Organization on Fetal Alcohol Syndrome**
  - Mission statement: “NOFAS seeks to create a global community free of alcohol-exposed pregnancies and a society supportive of individuals already living with FASD. NOFAS effectively increases public awareness and mobilizes grassroots action in diverse communities and represents the interests of persons with FASD and their caregivers as the liaison to researchers and policymakers.”
  - [http://www.nofas.org/default.aspx](http://www.nofas.org/default.aspx)

- **The Fetal Alcohol Syndrome Family Resource Institute**
  - Mission statement: “Provides assistance, referrals and support in finding help, as well as parent support and advocacy groups. There are trainings and workshops and support groups for parents and all kinds of professionals. Also is a resource for articles and links to other organizations.”
  - [http://www.fetalalcoholsyndrome.org/index.html](http://www.fetalalcoholsyndrome.org/index.html)

- **FASlink Fetal Alcohol Disorder Society: Research, Information, Support and Communities**
  - Mission statement: “The FASlink Discussion Forum is an Internet mail list for individuals, families and professionals who deal with Fetal Alcohol Spectrum Disorders. Provides
support and information 24/7, and has the largest archive of FASD information in the world.”
  ○ http://www.acbr.com/fas/faslink.htm

- **Family Empowerment Network**
  ○ Mission statement: “Part of the University of Wisconsin Medical School Department. Provides: free informational packets on FAS/FAE; international resource/referral directory catalogued by state/province; newsletter, the FEN Pen; extensive loan library (videos, audio training tapes, books, fact sheets, etc.); trainings for parents and professionals; educational opportunities; annual retreat for families; and an annual national conference.”
  ○ http://pregnancyandalcohol.org/index.asp?menuID=142&firstlevelmenuID=142&siteID=1

- **Fetal Alcohol Spectrum Disorders: Center for Excellence**
  ○ Mission statement: “The mission of the FASD Center for Excellence is to facilitate the development and improvement of prevention, treatment, and care systems in the United States by providing national leadership and facilitating collaboration in the field. Provides links to articles and databases, education and training for parents and professionals, and assessment and prevention programs.”
  ○ http://fascenter.samhsa.gov/

- **Fetal Alcohol Syndrome Consultation, Education and Training Services, Inc.**
  ○ Mission statement: “Services available through FASCETS are designed to increase understanding, build on strengths, expand options for developing effective parenting and professional techniques, enhance existing programs and support the development of new programs. Provides communication between professionals and parents.”
  ○ http://www.fascets.org/index.html

- **Better Endings: New Beginnings**
  ○ A website dedicated to educating people about FAS and FAE. Includes a bookstore and provides tips for schooling, foster care and adoption, nutrition, and legal issues.
  ○ http://www.betterendings.org/

**Other Learning Disability Books**


- **Understanding Learning Disabilities: A Parent Guide and Workbook.** Learning Disabilities Council of Richmond, VA.
  ○ “Easy-to-read, quick to access and overflowing with helpful information and advice, this one-stop guide will quickly be one of your most trusted supports for helping your child succeed in school. Also includes a glossary, appendices, case studies, and listings of resources and support groups” (back cover of text). ISBN: 091275267X.

- **Socially ADDept: A Manual for Parents of Children with ADHD and/or Learning Disabilities.** Janet Z. Giler, Ph.D.
  ○ “A practical and user friendly guidebook for evaluating, monitoring, and improving their child’s social skills. This field-tested collection of suggestions and strategies will be of great
assistance to any parent or professional who is attempting to enhance a child’s social competence” (back cover of text). ISBN: 0966696921.