Autism and Asperger’s Syndrome

Also see the “Social Skills” list.

**Picture Books:**

Lears, L. *Ian's Walk : A Story About Autism*. When her autistic little brother, Ian, wanders off while on a walk to the park, Julie must try to see the world through his eyes in order to find him.  

Moore-Mallinos, J. *My Brother Is Autistic*. *My Brother is Autistic* describes a condition that affects many families. Medical experts are just beginning to understand varying degrees of autism and its impact on both the autistic child and his family. This book describes an autistic child from his brother's point of view. It talks about ways autistic kids can be helped and how they can better relate to their family and surroundings.  

Peete, H. *My Brother Charlie*. A girl tells what it is like living with her twin brother who has autism and sometimes finds it hard to communicate with words, but who, in most ways, is just like any other boy.  

Rudolph, S. *All My Stripes: A Story for Children with Autism*. "Nobody gets me, Mama!" In *All My Stripes*, Zane the zebra feels different from the rest of his classmates. He worries that all they notice about him is his "autism stripe." With the help of his Mama, Zane comes to appreciate all his stripes—the unique strengths that make him who he is! Includes a Reading Guide with additional background information about autism spectrum disorders.  

**Chapter Books:**

Angleberger, T. *The Strange Case of Origami Yoda (Series)*. Dwight can be strange at times, like the day he answered "Purple" every time Tommy asked him a question. But one thing he did is very intriguing. One day, Dwight created an origami Yoda that sat on his finger. This puppet can answer questions that predict the future—or can he? The problem is that Dwight can be clueless at times, but Origami Yoda always seems to have the right answer. That is what this book is all about. The voices are unique and believable, including the quirky (if curiously appealing) Dwight, the creator of the origami Yoda.  

Dowd, S. *The London Eye Mystery*. A 12-year-old Londoner with something like Asperger's syndrome narrates this page-turner, which grabs readers from the beginning and doesn't let go. As Ted and his older sister Katrina watch, their visiting cousin Salim boards a "pod" for a ride on the London Eye, a towering tourist attraction with a 360-degree view of the city—but unlike his fellow
passengers, Salim never comes down. He has vanished. At the outset Ted explains that he has cracked the case: "Having a funny brain that runs on a different operating system from other people's helped me to figure out what happened." Dowd ratchets up the stakes repeatedly: is a boy in the morgue Salim? Has he drowned? Been kidnapped? Katrina and Ted work together to solve the puzzle, developing new respect for each other. The author wryly locates the humor as Ted wrangles with his symptoms (learning to lie represents progress) but also allows Ted an ample measure of grace. As he turns his intense observational powers on the known facts, transforming the unnamed disability into an investigative tool while the adults' emotions engulf them.

j Dowd

Erskine, K. Mockingbird. Ten-year-old Caitlin, who has Asperger's Syndrome, struggles to understand emotions, show empathy, and make friends at school, while at home she seeks closure by working on a project with her father.

j Erskine

Hoopmann, K. Blue Bottle Mystery: An Asperger Adventure. Ben finds an unusual old bottle buried in the school yard, and in a roundabout way it helps Ben and his family find out what is causing some of the persistent problems he has both at home and at school.

j Hoopman

Kochka. The Boy Who Ate Stars. Upon moving to a new apartment, twelve-year-old Lucy befriends an autistic boy who lives upstairs and, along with her friend Theo and a pampered pooch, takes Matthew on neighborhood adventures hoping to open him up to the world around them.

j Kochka

Lord. C. Rules. Frustrated at life with an autistic brother, twelve-year-old Catherine longs for a normal existence but her world is further complicated by a friendship with an young paraplegic.

j Lord

Weeks, S. Oggie Cooder. Quirky fourth-grader Oggie Cooder has a unique talent. When bored or nervous, he chews processed cheese slices into the shape of states; he calls it "charving." Accidentally, this cheese chewing gets him chosen for the TV show Hidden Talents. Suddenly, he is the most famous fourth-grader in Wauwatosa, Wis. Donnica Perfecto, an ambitious classmate, becomes his manager, but her re-invention of Oggie goes too far, even by his docile standards, and Oggie takes a stand. Although no label (other than "quirky" is given to Oggie, Asperger's kids and their parents will recognize Oggie's behavior and will relate to his struggle to balance fitting in and staying true himself.

j Weeks
Non-Fiction:

Gerland, G.  Finding Out About Asperger's Syndrome, High-Functioning Autism And PDD. Some children and teenagers have more differences than others and may have difficulties with things such as participating in group activities, or really understanding how other people see things and how they think. Some of these young people want to do things in their own way, and some of them have a particular interest which fills their lives. Many of those who are special in this way have Asperger Syndrome or high functioning autism. It's an important book that should be read by all young people who receive a diagnosis of Asperger Syndrome, PDD or high functioning autism.  j 616.8982 G

Lennard-Brown, S.  Autism. Lennard-Brown explains this complex disorder that causes people to "dance to a different beat" while making relationships and communication very difficult. Shaded sidebars draw readers in with quick lists ("People with autism find it difficult to-") and anecdotal stories (a brother's obsession with buses). Asperger's Syndrome, brain studies, and genetics are clearly explained, as are various treatments not handled in other titles.  j 616.89 Lennard-Brown

Poole, H.  Autism Spectrum Disorders. Experts say that as many as 1 in 68 American kids may fall somewhere on the autism spectrum. Autism affects people's ability to communicate and socialize. The disorder can be a challenge sometimes, but people with autism are also capable of amazing things. Learning as much as you can about the disorder can make it easier to cope with it. Whether you're seeking information for family, friends, or yourself, this book helps explain the challenges faced by people with autism spectrum disorders.  j 616.89

Schnurr, R.  Asperger's, Huh? : A Child's Perspective. Individuals with Asperger's Disorder experience the world differently from most people. They can't comprehend why their behaviour seems odd to others. "Asperger's Huh?" is geared specifically for children in the 6-12 age range, which when the diagnosis is frequently made. Written from the perspective of an 11-year-old boy who has just been diagnosed, the book explains the disorder, offers reassurance and gives practical suggestions.  j 618.92 S

Stefanski, D.  How To Talk To An Autistic Kid. A collection of personal stories, knowledgeable explanations, and supportive advice written by a fourteen-year-old autistic boy to help provide readers with the confidence and tools necessary to befriend autistic kids.  j 618.92 Stefanski
For Parents:

Delmolino, L. *Essential First Steps for Parents of Children with Autism.* When autism is diagnosed or suspected in young children, overwhelmed parents wonder where to turn and how to begin helping their child. Drs. Delmolino and Harris, experienced clinicians and ABA therapists, eliminate the confusion and guesswork by outlining the pivotal steps parents can take now to optimize learning and functioning for children age 5 and younger. The book covers early indicators of ASD in children younger than 3 years, behaviors of 3 to 5 year olds with a confirmed diagnosis, research about effective treatments & teaching methods, strategies for boosting play, communication & self-help skills, and support for the rest of the family. 618.9285 Delmolino

Jacobs, D. *Everyday Activities to Help Your Young Child With Autism Live Life to The Full.* Does your child struggle with brushing their teeth? Is it difficult to get them dressed and undressed each day? Do they struggle to understand their body's relationship to the world? This book is brimming with simple ideas, activities and exercises to address these daily challenges that young children with autism face. Easy to carry out and to fit into your routines, they will help improve a child's sense of body awareness, coordination and motor skills, and address key tasks such as eating meals and healthy sleep. There are also ideas for tackling social challenges, including playing with friends, going on holiday and staying calm at school. The final chapter of the book explains the different support professionals parents of a child with autism are likely to encounter and how each can help their child. 618.92 Jacobs

Tilton, A. *The Everything Parents Guide to Children with Autism.* Life with a child with autism can be challenging, exhausting, and - ultimately - very rewarding. For parents, even daily activities like getting dressed or grocery shopping can become daunting exercises. Children with autism require special strategies, and parents must learn how to think with their child instead of against him. This comprehensive guide offers practical advice, reassurances, and real-life scenarios to help families get through each day. 619.92 Tilton

Williams, K. *Understanding Autism: The Essential Guide for Parents.* This is the essential reference for parents and carers of children with autism. Written by two leading experts in the field, it covers everything from the causes of autism to how it manifests at the various ages and stages of a child's life, as well as diet and nutrition, the importance of self-care for parents, how to cope with common problematic behaviors, conditions that can often appear in conjunction with autism (such as anxiety and depression), and how best to manage the child's transition to adulthood. 618.92 Williams

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