



My Parent has an Autism Spectrum Disorder: A Workbook for Children and Teens

Barbara Lester

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Discovering that a family member is on the autism spectrum is an experience that affects the entire family, and can particularly disrupt the family when it is a parent receiving the diagnosis. The situation can be difficult to explain to children, especially if a parent has not fully grasped the implication themselves, and any adult facing this challenge will be in need of a helping hand.

The workbook has been designed with precisely this purpose in mind. It will strengthen relationships between parents with ASDs and their children by facilitating understanding of behaviour and situations that all the family will previously have noticed but not understood, and shows how to develop effective problem solving strategies. Chapters cover everything from dealing with the initial diagnosis to understanding special interests, difficulties with social skills and figures of speech, and the need for rules and routines. Every chapter concludes with a worksheet for parent and child to complete together, which encourages mutual understanding and fosters healthy relationships.

This book will be an essential tool for any family with a parent on the autistic spectrum, and is equally suitable for children and teens who are on the autistic spectrum and those who are not. It will also be of interest to professionals and anyone else working with a family dealing with autism.

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