

1. Record Nr.	UNINA9910778595603321
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Titolo	Coach yourself through the autism spectrum [[electronic resource] /] / Ruth Knott Schroeder
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2009
ISBN	1-282-29734-1 9786612297342 1-84642-965-X
Descrizione fisica	1 online resource (228 p.)
Disciplina	618.92/85882 618.9285882
Soggetti	Autistic children - Family relationships Parents of autistic children Autistic people - Family relationships Autism in children Child rearing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	FRONT COVER; Coach Yourself Through the Autism Spectrum; Contents; Foreword; Acknowledgments; Preface; Section I: Parenting Children on the Autism Spectrum; 1 Meltdowns; 2 Outings; 3 Childcare and Respite; 4 Doctor Visits; 5 "Invisible" Autism-the Unique Isolation of "High Functioning"; 6 Parenting Your Child's Strengths (Children with Autism Spectrum Disorder); 7 Educational Decisions; 8 Sleeplessness; 9 Extended Family; 10 Bullying; 11 Stuck Spots; Section II: Parenting Neurotypical Siblings; 12 Asymmetrical Development; 13 Autism-free Zones 14 Parenting Your Child's Strengths (Neurotypical Children) 15 Fairness; 16 Message from a Grown Sibling; Section III: Parent Care and Long- term Health; 17 Comparison; 18 Finding Your Parent-strengths; 19 Parent Care; 20 What Fills Your Tank?; 21 I'm a Dad, What Can I Do?"; 22 Marriage Building; 23 For Husbands; 24 Single Parenting; 25 Laugh a Little; Appendix 1: Note to Grandparents; Appendix 2: Parent Checklist: Ready for a Coach?; Appendix 3: Checklist for Choosing a Coach;

Appendix 4: How Can I Help? A Brief Coaching Exercise for Friends and Family; "Autism-ese" Glossary
International ResourcesReferences; Index; BACK COVER

Sommario/riassunto

Coach Yourself through the Autism Spectrum offers an opportunity to access your inner creativity, resourcefulness, strengths, and abilities in order to create positive change in your family. Short sections on common problems such as visits to the doctor, community outings, bullying and child care make this book easy to read from start to finish.
