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Titolo	Girls growing up on the autism spectrum : what parents and professionals should know about the pre-teen and teenage years // Shana Nichols, with Gina Marie Moravcik and Samara Pulver Tetenbaum ; foreword by Liane Holliday Willey
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Altri autori (Persone)	MoravcikGina Marie TetenbaumSamara Pulver
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Nota di bibliografia	Includes bibliographical references (p. 333-342) and indexes.
Nota di contenuto	FRONT COVER; GIRLS GROWING UPON THE AUTISM SPECTRUM: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years; Contents; ACKNOWLEDGEMENTS; FOREWORD; AUTHORS' NOTES; Chapter 1 What Do We Currently Know about Girls and Women with Autism Spectrum Disorders?; Asking the question...; Epidemiology and the puzzle of diagnostic rates; Same disorder, different faces?Sex differences in symptom presentation; Diagnostic implications of sex differences; Interventions and supports; What causes sex differences in ASDs?; Sex differences in other developmental disorders The importance of understanding typical developmental sex differences Clinical programs: are they out there?; A window of knowledge:

personal stories by women with ASDs; Routes to a diagnosis for females and their families; I'm still not sure what her diagnosis is...; Resources; Chapter 2 Approaching Adolescence: Anticipation, Anxiety, Adaptation, and...Acceptance?; Adolescence: the wild ride; Developmental tasks; Adolescence Autism = A2?; Specific challenges of adolescence; Sexuality and masturbation; Your "teaching toolkit:" guidelines and techniques; Lessons from Nemo; Resources Chapter 3 Puberty or "Do My Parents Know You're Here?"Are you ready?; ASDs and adjusting to puberty; Foundational skills; Navigating pubertal change; Managing the locker room; Hormones and emotions; Resources; Chapter 4 The Red Spot: Periods, Pads, and Pelvic Exams; Goal 1: Finding your positive tone; Goal 2: Providing accurate information; Goal 3: Practicing skills ahead of time; Goal 4: Preparing for the first period; Successful management of menstrual hygiene; The great debate: pads, tampons, or both?; The gynecological exam; Aiming for independence; Resources Chapter 5 Feeling Good Inside and Out: Self-perception and Self-confidence Your daughter's external sense of self; Body image and physical appearance; Issues with eating: from complications to disorders; Weight management; Fitness and exercise; Building a healthy self-image; First bras and beyond: the world of intimate wear; Fun with fashion and personal style; Your daughter's internal sense of self; Creating success experiences; Developing independence, self-reliance, and responsibility; Promoting self-knowledge and self-awareness("Who am I?"); Developing and expanding your daughter's interests Self-regulation and emotional understanding Fostering mental health; "The talk": teaching your daughter about her ASD; What having an ASD means to your daughter; Parent modeling of self-esteem; Resources; Chapter 6 The Social Landscape of Adolescence:Friendships and Social Status; The age of friendships; Understanding friendships and developing friendship skills; Stages of friendship; Popularity and social status; Specific challenges for girls with ASDs; Finding your daughter's social compass; Resources; Chapter 7 Healthy Sexuality for Girls with ASDs Defining sexuality: finding a common meaning

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### Sommario/riassunto

This book covers the concerns faced by girls with ASDs and their parents, from periods and puberty to friendships and "fitting in". Looking at these issues within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help the whole family through the teenage years.

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