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Nota di contenuto	Parenting a Child with Asperger Syndrome; Acknowledgements; Contents; How To Use This Book in a Hurry; Introduction; 1 Laying the Foundations; Looking After Yourself; Acceptance and Understanding; Building Self-Esteem; Reducing Anxiety; 2 Bringing Out the Best in Your Child; Bridging the Social and Emotional Gap; The Best Approach; Encouraging Compliance and Motivation; Dealing with Difficult Moments; 3 Common Problems A-Z; Anger and Aggression; Attention Difficulties; Bedtime and Sleeping; Depression; Food Issues; Handwriting; Homework Supervision; Motor Skills and Co-ordination PerfectionismRigidity; School Issues; Sensory Issues; Special Events, Social Occasions and Outings; Speech and Conversation; 4 A Word of Personal Reflection; The Gift; What I Have Learned; Planet Asperger; Appendices; 1. Applied Behaviour Analysis (ABA); 2. Planning an ABA Intervention; 3. A Token Economy; 4. Ground Rules; 5. My Emotions Book; 6. Anger Dos and Don'ts; 7. Emotion Vocabulary; 8. Ways To Earn Happy Faces and Sad Faces; 9. Breaking a Task into Smaller Steps; 10.

The Clear Speech Game; 11. Hurting is Not Always Intentional; 12. Teasing and Banter; 13. What is Bullying?  
14. Bullying Dos and Don'ts

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#### Sommario/riassunto

Brenda is mother to thirteen-year-old Kenneth, author of Asperger Syndrome, the Universe and Everything. Brenda discusses parents' reaction to their child's AS and gives advice on how better to understand 'Planet Asperger'. This book helps parents to respond positively to the challenge of AS and find the 'treasure' in their child's way of being.

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