



My Child Has Autism, Now What?: 10 Steps to Get You Started

Susan Larson Kidd, Susan Larson-Kidd

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"Your child has autism" - four small words with the power to leave parents feeling helpless, overwhelmed, and confused. This concise, no-nonsense book will enable parents to regain control of the situation and take the first practical steps towards a calm and happy life with their newly-diagnosed child.

Dr. Larson Kidd's approach draws from the vast amount of information available on parenting a child with autism and distils it into ten manageable steps. It covers the key aspects of life with a child on the autism spectrum, including the basics such as sleeping, eating, and toileting, through adapting the home, creating routines, and exploring therapy. Ready-to-implement strategies are outlined simply and clearly, and are firmly grounded in the author's extensive experience of supporting children with autism.

This practical book will be essential and empowering reading for every parent whose child has recently been diagnosed with autism or for parents still struggling with where to begin to help their child.

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Jess Bolan:

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