

For and About Kids

Autism Information Written for Kids Only!
by Autism Society of Delaware

Autism Kids ONLY
By Autism Society of America

Just for Kids
Source unknown

I Have A Friend With Autism
By Center for Autism and Related Disabilities

Growing Up Together--A Booklet About Friends with Autism
By Autism Society of America

The Sensory Gang

Just for Kids & Youth!! Youth-Friendly Web Sites
Published by Family Village

Resources: Websites, Books, Videos, and Movies

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Creating Opportunities, Building Relationships, Improving Lives For Children And Adults With Developmental Disabilities Since 1952



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Autism Information Written For Kids Only!



Welcome! We are so glad that you have stopped by to learn about autism. Maybe your brother or sister has autism, or maybe someone else in your family...or even maybe you have a friend with autism. Either way, it's really cool that you want to learn more about this special person in your life. Hopefully this page will answer some of your questions.

What is autism?

Autism is a developmental disability. Children with autism have a problem with part of their brain. That means, kids with autism develop differently than most other kids.

Children with autism may also have a different way of seeing, hearing, or feeling things. Like when you have gloves on in the winter and you try to pick up a pencil. It may be a little harder to pick up, and it feels different than if you didn't have the gloves on.

Children with autism may have difficulty communicating. Some children with autism can not speak, so they may learn to use computers or a board with pictures on it to tell people what they want or how they feel. Some children with autism use sign language.

Having autism is like living in a foreign country where you do not know the language or like trying to learn the

rules of a very difficult game.

People are born with autism and will have it all of their lives. But, they can learn and grow up to have jobs just like you.



What are people with autism like?

Some children with autism may have trouble talking. There are some people with autism who don't speak at all, others who speak sometimes, and some who talk just like you.

You may hear a child with autism repeat a word or phrase that someone else said to them. They often don't ask for what they want or need...or talk about their feelings.

Children with autism may act a little different from other children. They may spend time alone or seem like they aren't paying attention. They may act as if they can't see or hear other people. Some may rock their bodies back and forth or flick their fingers or do other things which seem different.

It's not easy for children with autism to make friends, because they may act differently. **But, everybody is different!** That's what makes being friends with other children more fun. You can learn a lot from each other.



Can autism be cured?

Nobody knows what causes it, so we can't make it go away. The children who have autism can be helped to grow up like other children. They may not go to college (some people with autism do) or buy their own house, but they can get a job and learn to make friends.

They have feelings and they care for others. People with autism can grow up to be computer operators, artists, work at the bank or the shopping mall.



How many people have autism?

In the United States, about one and a half million (that is 1.5 million) people have autism. But that is just in America. There are people with autism all over the world. One in every 166 people have autism. Chances are you have some with autism living in your development or on the same street.

More boys than girls have autism. They can be rich, or poor, or black or white, or brown, or red. They can live in a city, or in the country.



Books on Autism for Children:

- *Ian's Walk* by: Laurie Lears
- *Andy and his Yellow Frisbee* by: Mary Thompson
- *Trevor Trevor* by: Diane Twachtman-Cullen
- *My Friend with Autism* by: Beverly Bishop

The Autism Awareness Ribbon Story:



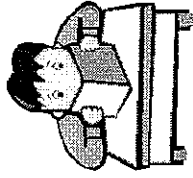
The autism awareness ribbon is made up of puzzle pieces to show how puzzling and mysterious autism can be. The different colors and shapes show how all people with autism are different.

The brightness of the colors shows that there is a lot of hope for a bright future for those living

with autism. People with autism and their families can have happy lives when people like you
learn more
about autism and accept them as friends.



JUST FOR KIDS!



WHAT IS AUTISM?

When a person has autism, it means that something in their brain is different from other peoples' brains. This causes them to act differently than other people.

People with autism sometimes have trouble understanding what other people are saying. They can have a hard time using words to say what they need, and they might end up saying the same word or sentence over and over.

Children with autism might play in a different way than other kids. They may like to stare at something for a long time or maybe twirl a piece of string or spin a toy car around and around. A lot of times they may play by themselves because they don't know how to play with other kids.

Some kids with autism might be happy, but all of a sudden they will become sad or mad and might even have a tantrum. It might be because they can't tell people what they need or want.

DO CHILDREN WITH AUTISM GO TO SCHOOL?

Yes, children with autism go to school to learn just like you. You might even know someone who has autism! They could be in your class or maybe in a class that is just for them. Their teachers give them lots of practice to help them learn new things. Just like you, they have some things that come easily and other things that are more difficult.

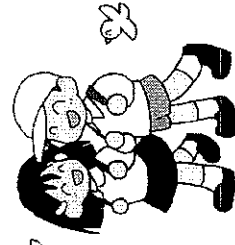
WHAT ARE PEOPLE WITH AUTISM LIKE

WHEN THEY GROW UP?

Lots of people with autism can learn to do all sorts of things when they grow up. They might have a job at a grocery store or as an artist or even working on a computer. Even though autism never goes away, many people with autism learn to make friends, do a job and have a very happy life.

HOW SHOULD I ACT AROUND SOMEONE WITH AUTISM?

Just remember that people with autism aren't that much different from you. Just like you, they can do some things better than others. Just like you, they have lots of different feelings. They might feel happy, sad, excited, frustrated, proud, lonely, or loving -- just like you. It's important to know



that even if someone with autism acts different from you or your friends, they still have feelings and they care about other people. You should always try to be a caring person too! So just be yourself when you're with someone who has autism. You may even make a new friend!

Being a friend to a kid with autism is one of the best things you can do to help them. You can learn many things from your friend with autism too!

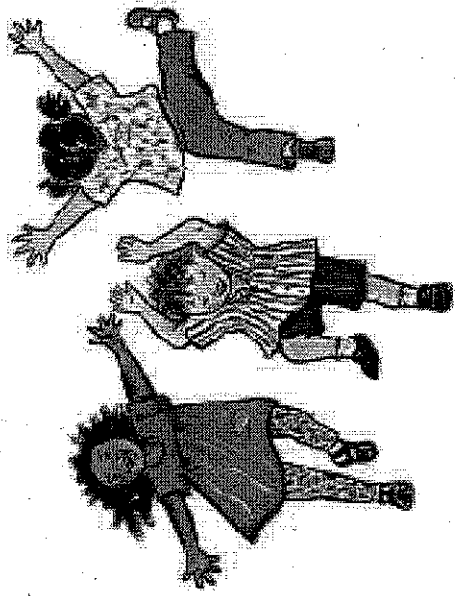
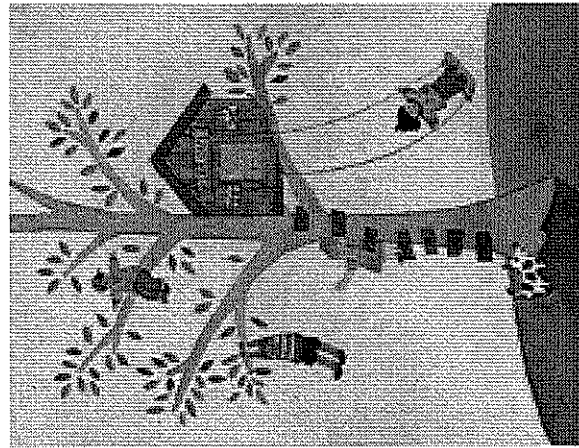
Does autism ever go away?

A kid with autism will have it their whole life. As they grow, they will learn things like reading, math, and spelling that will help them. They will grow up to have jobs, be neighbors, and need friends, just like you.

In the United States about 400,000 people have autism - that's enough people to fill six football stadiums. There are many more people who have autism all over the world. More boys than girls have it. They can be poor, rich, white, black, red, or brown.

The most important thing to remember is that kids with autism are **JUST KIDS!**

Center for Autism and Related Disabilities
Department of Child &
Family Studies MHC 2113A
Louis de la Parte Florida Mental Health
Institute
University of South Florida
13301 Bruce B. Downs Blvd.
Tampa, FL 33612-3807
<http://card-usf.fmhi.usf.edu>



I have a
FRIEND
with autism

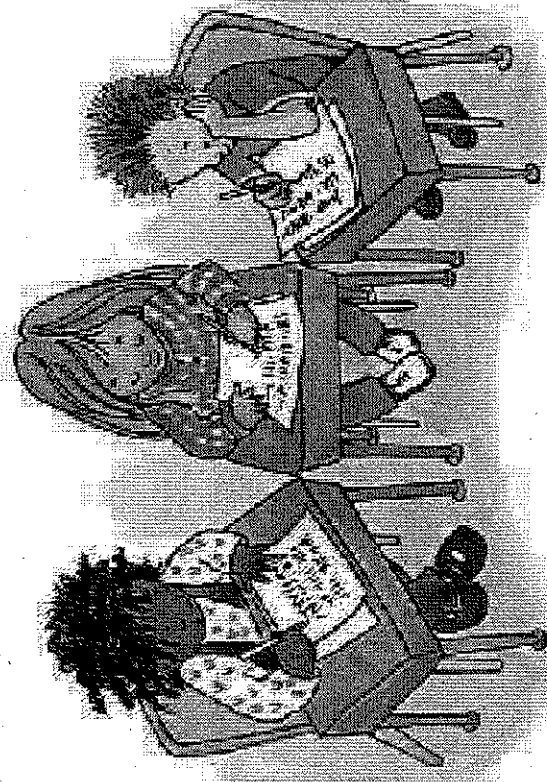
Common Questions

What is Autism?

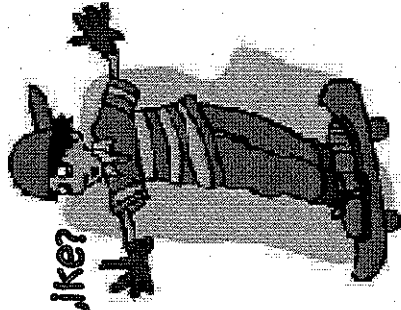
Autism is a disability a kid has from the moment they are born. A kid with autism looks the same as you and me, but autism changes the way their brain works.

How do kids get autism?

Nobody knows what causes autism. Doctors and scientists are trying to figure it out. They do know that you cannot catch autism from anyone. A kid usually has it when they are born.



What is a Kid with Autism Like?








Kids with autism are the same as other kids in lots of ways. They like the same things as you, like birthdays, swimming, and going to Disney World.

Sometimes kids with autism have a hard time learning things and they can't speak very clearly. They make noises and sounds because they can't tell you the words they want to say. Sometimes they will say the same words or sounds over and over because it's hard for them to stop. Just because a kid with autism can't speak doesn't mean they can't hear and understand what you say. Kids with autism do some things differently than other kids, but they like to have friends and do fun things even if they can't tell you they do.

How can I be a friend to a kid with autism?

At school kids with autism may need a friend or buddy to help them. You can be a friend by:

-  Playing games they like to play
-  Being kind and patient
-  Sitting next to them in class
-  Visiting them at their home
-  Inviting them to your house to play.

GROWING UP Together

Our world is made up of many different kinds of people.

Each one of us is special in our own way, but we are all very much alike. We all have friends and families, go to school, and have hobbies such as soccer, art, or music.

Children with autism may look like other kids, but if you met them you would find they are different in some ways. It may be hard for them to play, to make friends or to learn new things. Some may have trouble talking or understanding what people say. Some may talk too much about a favorite topic. But, just like you, children with autism are very special in many ways. They have families who love them very much, they go to school, and they have special interests.

This booklet is about people you may meet who have autism and how you can be their friend.

What Is Autism?

Autism affects the way a person's brain and body works. It is not a disease and is not contagious. You cannot catch autism from a classmate or friend. A person with autism may have a hard time communicating with other people, making friends, or following directions. However, with the help of teachers, classmates, families, and friends, children with autism often can find it easier to learn in spite of these challenges.



How Do Kids with Autism Act?

Children with autism may act in some unusual ways. Some may have difficulties with certain activities, but they may have strengths in other areas. For instance, a child with autism may be a math whiz, a great artist or unbeatable at computer games. Still, they may have trouble putting their thoughts into words or understanding what you say.

Some children with autism prefer that schedules stay the same or that people always sit in the same seats. They may have a difficult time when things change. Changes may be scary for them, so they may try telling others what to do or where to sit. You may think they are being "bossy" but it is really them trying to adjust to the changes. When schedules change and they do not know what is coming next, they can be very upset, sad or angry.

Some kids with autism may:

- Have trouble talking, make strange sounds, or not talk at all;
- Flap their hands, spin, or laugh a lot;
- Sit quietly and not look at others;
- Play or behave differently than other friends;
- Be very active or be very quiet and like to spend time alone;
- Have trouble looking directly at you; or
- Do or say the same things over and over again (like lining up toys or repeating a line from a movie).

Why Do Children with Autism Act This Way?

Some children with autism do not see, hear, or feel things the same way we do. For instance, the sound of the school bell or the noise of a parade may hurt their ears. Some may have trouble eating certain foods because of the way they taste. Others may be very sensitive to certain smells. Smells you like, such as cookies baking, may make them feel sick. On the other hand, things that bother most of us, like a bee sting, may not appear to be as painful to them.

It is hard for some children with autism to understand what we say or what our facial and body expressions mean. For example, if you are frowning or showing an angry expression on your face, your classmate with autism may not be able to understand that you are angry. However, this does not mean you should stop trying to talk to them.

Sometimes showing them a picture or an object helps them understand things better. For example, if you are talking about baseball, pointing to a baseball card or a bat may help your friend know what you mean. Just because someone with autism may not be able to use words, it does not mean he can't understand your words. Please talk to him as you do with your other friends.

Like all people, sometimes kids with autism can get frustrated and angry but they often cannot tell us why. Instead of words, they may use actions to express their feelings. When they are upset, confused, or bored, they may make noises or spin around. When they are excited or happy, they may flap their hands, jump up and down, or run in circles. Or they may do all these things at once to help them calm down.

Many children with autism get upset when their surroundings or schedules change because new or different things can be very difficult or scary for them. They may cry, hold their hands over



Just because someone with autism may not be able to use words, it does not mean he can't understand your words.

their ears, or run away. They are not choosing to misbehave. Children with autism may have a hard time controlling their behavior because they have difficulty understanding or dealing with the world around them.

What Causes Autism?

No one knows why some people have autism, and there may be many different causes. Scientists are still trying to find out just what those causes are and how to best help people with autism. Approximately 1,500,000 people in the United States have autism, and it is more common in boys than girls.

Where Do Kids with Autism Go To School?

Kids with autism can be in many different types of classrooms and schools. They may be a member of your class or may be in a classroom that was set up especially for them. Many children with autism also participate in after-school activities with classmates, friends, and neighbors.

You may see some special arrangements used to help a child with autism participate in your class. He or she may have a special “coach,” sit at a special desk or table, or use pictures or symbols to communicate with you and the teacher. Some kids may even have special computers that “talk” for them. Friendly classmates can be the best help of all to a child with autism.

How Can I Be a Friend To Someone with Autism?

When you become a friend to a person with autism, you both learn a lot from each other. Here are some ideas that can help you be a better friend to a kid with autism:

- Accept your friend’s differences.
- Know that some kids with autism are really smart, just in a different way.
- Protect your friend from things that bother him or her.
- Talk in small sentences with simple words and use simple gestures like pointing.
- Use pictures or write down what you want to say to help your friend understand.
- Join your friend in activities that interest him or her.
- Be patient – understand that your friend doesn’t mean to bother you or others.
- Wait - give him or her extra time to answer your question or complete an activity.
- Invite your friend to play with you and to join you in group activities. Teach your friend how to play by showing him or her what to do in an activity or game.
- Sit near your friend whenever you can, and help him or her do things if they want you to.
- Never be afraid to ask your teacher questions about your classmates with autism.
- Help other kids learn about autism.



**For more information about autism, written by or for kids,
look for these and other books in your local library:**

Amenta, C. (1992). *Russell is extra special: A book about autism for children*.
New York, NY: Magination Press.

Bishop, B. (2002). *My friend with autism*. Arlington, TX: Future Horizons, Inc.

Bleach, F. (2001). *Everybody is different: A book for young people who have brothers
or sisters with autism*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Edwards, A. (2001). *Taking autism to school*. Plainview, NY: JayJo Books, LLC.

Ely, L. & Dunbar, P. (2004.) *Looking after Louis*. Morton Grove, IL: Albert Whitman & Company.

Keating-Velasco, J. (2007). *A is for autism, F is for friend*. Shawnee Mission, KS:
Autism Asperger Publishing Company.

Lowell, J. & Tuchel, T. (2005). *My best friend Will*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Messner, A. W. (1995). *Captain Tommy*. Stratham, NH: Potential Unlimited Publishing.

Murrell, D. (2001). *Tobin learns to make friends*. Arlington, TX: Future Horizons, Inc.

Simmons, K. (1997). *Little rainman: Autism through the eyes of a child*.
Arlington, TX: Future Horizons, Inc.

Thompson, M. (1996). *Andy and his yellow frisbee*. Bethesda, MD: Woodbine House.



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Web: www.autism-society.org

The Growing Up Together information was developed by the Autism Society of America and revised by Brian Ketzner (Indiana Resource Center for Autism) and Kristie Lofland (Hamilton-Boone Madison Special Services Cooperative).

Additional funding was provided by the Indiana Department of Education, Center for Exceptional Learners, Office of Special Education.



THE SENSORY GANG

Ms. Tactile

People say I am so touchy-feely! I can't help it! From head to toe and all over, my skin keeps me "in touch" with the world. Even inside my mouth I feel things - light touch, deep pressure, hard or soft, sharp or dull, vibration, temperature and ohhhhh ... the pain!



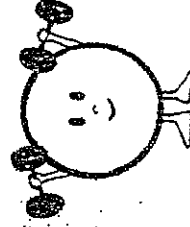
Mr. Vestibular

I keep everything "right with the world"! Because of me, you can deal with gravity when you are moving, no matter the direction or speed. Even when standing or sitting still, I am very important because of my sense of balance. Posture and muscle tone depend on the signals I interpret from the inner ear.



Ms. Proprioception

I do more than just push and pull, flex and stretch, pry and press! Information coming from my joints, muscles and tendons helps me adjust my body position for smooth movements with just the "right amount" of pressure. People say I am important for good "motor planning" when this information is accurate.



We three, Ms. T, Mr. V, and Ms. P, are a pretty tight group. Some say we are the foundation of the sensory system gang. Who and what we stand for is even greater when the rest of the gang is integrated!

Overly sensitive to loud noises...

Bumps into people in line...

Has difficulty paying attention...

Picky eater...

Always "on the go" ...

Only likes certain types of clothing...

Has difficulty with hair washing and brushing...

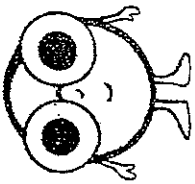
Problems with handwriting...

Clumsy...

are 1.1. Sample of sensory characteristics of the typical child with Asperger Syndrome.

Ms. Visual

I've got my eyes on you! I am on the lookout to deliver valuable details about what I see. Color, contrast, line, shape, form and movement have a part in how you perceive the world. My messages (with the collaboration of my friends) help determine what to pay attention to and what to ignore as well as help direct your actions and movements.



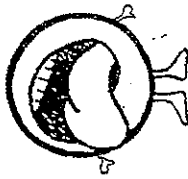
Ms. Auditory

Do you hear what I hear? I don't mean to whine but I can get your attention too. Listen to me, please, I'm all ears. It's not just about volume -- consider also tone, pitch, rhythm and sequence of sounds. Processing me can be difficult but it is necessary if I am to be understood. If I don't have the others, help out, I'm just noise ... sigh.



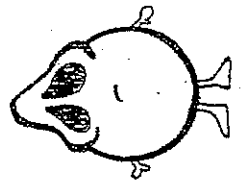
Mr. Gustatory

Ah, to savor the "sweet taste of success," or was it bitter or salty? Maybe sour or spicy? Taste buds and saliva are the grounds for my great sensory contributions. I often get no respect but one thing's for sure, I know "what I like!" By the way, I am intricately linked with Ms. Olfactory.



Ms. Olfactory

Although some consider me not as refined as my other sensory friends, I go way back in time -- kind of a survival thing. Strong memories are associated with certain smells. I subjectively consider the odor, especially when Mr. Gustatory is around. Remember, the "nose knows" and ... "Don't forget to stop and smell the roses."





JUST FOR KIDS & YOUTH!!

Youth-Friendly Web Sites

- [Sites Related to Supports for Youth with Disabilities and/or Chronic Health Conditions](#)
- [Sites Related to Specific Disabilities or Health Conditions](#)
- [Sites to Help you Learn More About Health/Disability Related Issues](#)

Sites Related to Supports for Youth with Disabilities and/or Chronic Health Conditions

- **Ability OnLine Support Network**
<http://www.ablelink.org/>
Putting children and adolescents with specialized needs in touch with the world.
- **Band-aids and Blackboards**
<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/index.html>
This is a site about growing up with medical problems...any ole type. Its goal is to help people understand what it's like, from the perspective of the children and teens who are doing just that. These kids have become experts at coping with problems that most of you have never heard of. They'd like you to know how they do it, and they hope that you'll be glad you came to visit one of the three areas (one for kids, one for teens, and one for adults).
- **"Bearable Times" Kids and Teens Club**
<http://www.bearabletimes.org/>
This is a site where kids help other kids and loads of other interesting stuff!
- **Fernside: A Center for Grieving Children**
<http://www.fernside.org/kids/>
This is a "Just for Kids" area that offers help on how to deal with death.
- **HiP Magazine**
<http://www.hipmag.org/>
This is a site for deaf and hard-of-hearing kids, 8 to 14 years old.
- **Just Because We Have a Disability Doesn't Mean We Byte!**
<http://library.thinkquest.org/11799/>
This is a website for kids aged 12-19 years old that strives to show how we can make the world a better place..... a more understanding and pleasant place for ALL the people of the world to live.....a place where differences; whether it be a disAbility (Visible or Invisible), religion, race or ethnic group, we can all live in peace and harmony..... without war or discrimination!
- **LD Online: Kid Zone**
<http://www.ldonline.org/kidzone/kidzone.html>
This is a site for children with learning disabilities that includes stories, articles, and artwork from different kids and teens.
- **Winners on Wheels (WOW) Online**
<http://www.wowusa.com/>
WOW empowers kids in wheelchairs by encouraging personal achievement through creative learning and expanded life experiences that lead to independent living skills.
- **Yahooligans!**
<http://www.yahooligans.com/>

This is a web guide "Just for Kids!"

Sites Related to Specific Disabilities or Health Conditions

- **Alopecia Kids**
<http://www alopecia-sydney.com/kids/>
Dedicated to providing support and information for kids with alopecia (hair loss) and their families. Includes separate areas for children, teens and parents.
 - **Outlook: Life Beyond Childhood Cancer**
<http://www.outlook-life.org/index.pl?op=show:isa=Category:id=1986>
Outlook is an interactive web based information system designed to address the needs of survivors of childhood cancer and their families.
 - **Children With Diabetes**
<http://www.childrenwithdiabetes.com/>
The mission of ChildrenWithDiabetes.com is to promote understanding of the care and treatment of diabetes, especially in children; to increase awareness of the need for unrestricted diabetes care for children at school and daycare; to support families living with diabetes; and to promote understanding of research into a cure.
 - **LD Online: Kid Zone**
<http://www.ldonline.org/kidzone/kidzone.html>
This is a site for children with learning disabilities that includes stories, articles, and artwork from different kids and teens.
 - **Kids with Marfans**
<http://oregonchapternmf.homestead.com/kidsresources.html>
For youth with Marfan syndrome.
 - **Teens With Crohn's Disease Website**
<http://pages.prodigy.net/mattgreen/>
A place to share stories and information - for teens, by teens - with Crohn's Disease, Colitis, or IBS.
 - **The Under 21 Page**
<http://www.sblupus.org/under21.html>
Especially for children and teens with rheumatic diseases and parents, family, friends, and health professionals wanting to learn more.
-

Sites to Learn More About Health/Disability Related Issues

- **BrainPOP Health**
<http://www.brainpop.com/health/>
All about your body and how it works.
- **Learn about genes and DNA**
http://www.genecrc.org/site/ko/index_ko.htm
- **Cells Are Us**
<http://www.icnet.uk/kids/cellsrus/cellsrus.html>
This site tells the story of how our bodies came to be made up of millions of cells. There are lots of pictures to go with the explanations.
- **Genetic Science Learning Center**
<http://gslc.genetics.utah.edu/>
Helping people understand how genetics affects their lives and society.
- **Neuroscience for Kids**
<http://faculty.washington.edu/chudler/neurok.html>
This site is for students and teachers who would like to learn more about the nervous system. Enjoy the activities and

experiments on your way to learning more about the brain and spinal cord.

- **Kid's Health**

<http://kidshealth.org/kid/>

This is a site "Just for Kids" that covers a large range of health topics!

- **Kids' Money Kids Page**

<http://www.kidsmoney.org/kids.htm>

This site is focuses on various money issues for kids.

- **Kids on the Web**

<http://www.zen.org/~brendan/kids.html>

This is an on-going list of sites that offer information for and about kids.

- **Kids' Space**

<http://www.kids-space.org/>

This site includes a variety of creative activities and learning pages.

- **WORD! A Kids Medical Dictionary**

<http://kidshealth.org/kid/word/word.html>

Virtual glossary for lots of easy-to-read definitions.

- **Adolescence Directory On-Line (ADOL)**

<http://education.indiana.edu/cas/adol/adol.html>

An electronic guide to information on adolescent issues. It is a service of the Center for Adolescent Studies at Indiana University. Educators, counselors, parents, researchers, health practitioners, and teens can use ADOL to find Web resources for a variety of topics.

[\[Family Village Home\]](#)

[\[Library\]](#) [\[Coffee Shop\]](#) [\[Hospital\]](#) [\[Shopping Mall\]](#) [\[Post Office\]](#) [\[House of Worship\]](#)

[\[School\]](#) [\[Recreation & Leisure\]](#) [\[Community Center\]](#) [\[Bookstore\]](#) [\[University\]](#) [\[Information\]](#)

Last Updated 9/5/2006 by rowley@waisman.wisc.edu

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Autism Information for Kids

Resources:

Websites, Books, Videos, & Movies

WEBSITES

Autism Information for Kids!

<http://www.angelfire.com/pa5/as/talkingtokids.html>

Information Written for Kids

From the Autism Society of Delaware.

http://www.delautism.org/kids_only.htm

Kid's Quest

<http://www.cdc.gov/ncbddd/kids/kautismpage.htm>

"I've heard on the news about kids having something called "autism spectrum disorder (ASD)." What is it and what do I need to know about it?"

Autism Information Written for Kids

<http://www.autism-ascc.org/kids.htm>

Includes topics such as "What are people with autism like?" and "Things you might discuss with your child if they know someone with Autism".

Kids and Kaboodle

<http://www.kidsandkaboodle.com/features/autism.htm>

Autism questions and answers.

About Autism

<http://www.gnasd.com/autism.htm>

Information for kids who know a friend with Autism.

Kids Health: Autism

http://www.kidshealth.org/kid/health_problems/brain/autism.html

A short story and information for kids!

Oliver

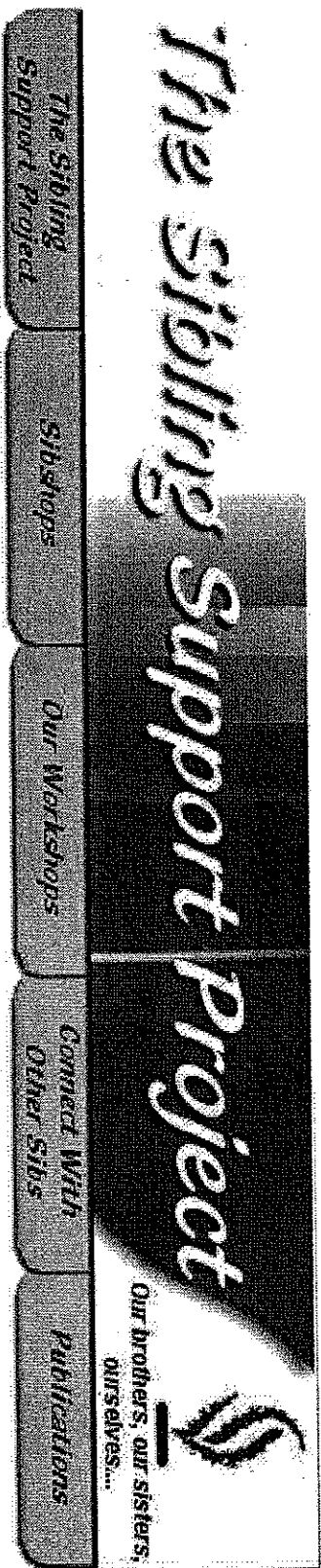
<http://www.thepeacefamily.force9.co.uk/guide.html>

A personal website about a boy, Oliver, who has autism. Good information provided to promote autism awareness! Useful, printable information.

Fitting In

http://www.hoagiesgifted.org/fitting_in.htm

"Fitting In and Speaking Out: Me and Asperger's Syndrome" Written by a 5th grade student with Asperger's Syndrome to promote awareness to his peers.



Sibling-related books and movies

(* indicates author or filmmaker is a member of the SibNet, the Sibling Support Project's adult sibling listserv community)

Books for adults on sibling issues and on creating services for brothers and sisters:

- *Sibshops: Workshops for Siblings of Children with Special Needs* by Donald J. Meyer* and Patricia F. Vadasy (1994, new edition in preparation)
- *Brothers, Sisters, and Special Needs: Information and Activities for Helping Young Siblings of Children with Chronic Illnesses and Developmental Disabilities* by Debra J. Lobato (1990, out of print)
- *Brothers & Sisters-A Special Part of Exceptional Families* by Thomas H. Powell and Peggy Gallagher (1993, currently out of print, new edition in preparation)
- *Siblings of Children with Autism: A Guide for Families* by Sandra L. Harris (2003)

Fiction for young sibs:

- *We'll Paint the Octopus Red* by Stephanie Stuve-Bodeen, Pam Devito (Illustrator) (1998)
- *Are You Alone on Purpose?* by Nancy Merlin (1994)
- *Tru Confessions* by Janet Tashjian (1997)
- *Way to Go, Alex!* by Robin Pulver, Elizabeth Wolf (Illustrator) (1999)

- *My Brother, Matthew* by Mary Thompson (Illustrator) (1992)
- *Our Brother Has Down's Syndrome* by Shelley Cairo, et al (1988)
- *The Summer of the Swans* by Betsy Byars (1996)
- *Princess Pooh* by Kathleen M. Muldoon, et al (1989)
- *Welcome Home, Jellybean* by Marlene Fanta Shyer (1988)

Non-fiction for young sibs:

- *Views from Our Shoes: Growing Up With a Brother or Sister With Special Needs* by Donald J. Meyer* (Editor), Cary Pillo (Illustrator) (Paperback - September 1997)
- *Living With a Brother or Sister with Special Needs: A Book for Sibs* by Donald Meyer* and Patricia Vadasy (Paperback - November 1996)

Nonfiction and memoirs by adult siblings:

- *Riding the Bus with My Sister: A True Life Journey* by Rachel Simon* (2002)
- *Siblings: Brothers and Sisters of Children with Special Needs* by Kate Strohm* (2002) Wakefield Press (Australia)
- *The Ride Together: A Brother and Sister's Memoir of Autism in the Family* by Judy Karasik* and Paul Karasik (2002)
- *Special Siblings: Growing Up With Someone with a Disability* by Mary McHugh (1999)
- *My Sister's Keeper* by Margaret Moorman
- *Without Apology*, a documentary film by Susan Hamovitch*

Fiction about adult sibling issues:

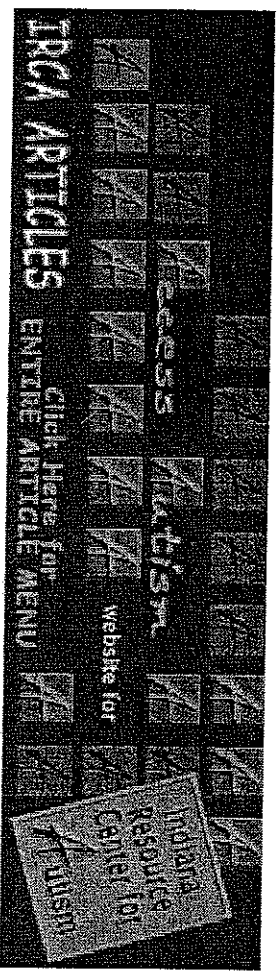
- *I Know This Much Is True* by Wally Lamb

Feature films featuring sibling issues:

- *Tru Confessions* (Disney Channel movie)
- *What's Eating Gilbert Grape* (rated PG 13 for adult situations)
- *Benny and Joon* (rated PG)
- *Dominick and Eugene* (rated PG-13 for violence, adult situations, adult language)

If you would like to nominate a sibling-related book or movie, please write us with the title, publisher, and year of publication and a sentence or two why it should be included. Please [contact us](#).

[Home](#)



Selected Resources for Understanding and Supporting Siblings

Contributed by [Marci Wheeler, M.S.W.](#)

The following articles, books, and other resources provide a sampling of materials which describe and support the experiences of siblings of children on the autism spectrum. Selected items may be available at your local library. Many may be borrowed by Indiana residents from the Library of the Indiana Institute on Disability and Community, 2853 East Tenth Street, Bloomington, IN 47408-2696, 1-800-437-7924 (toll free in Indiana; voice/TT); 1-812- 855-9396 (Bloomington, voice/TT).

Celiberti, D. R., & Harris, S. L. (1993). Behavioral intervention for siblings of children with autism: A focus on skills to enhance play. *Behavior Therapy, 24*(4), 573-599.

Gold, N. (1993). Depression and social adjustment in siblings of boys with autism. *Journal of Autism and Developmental Disorders, 23*(1), 147-163.

Harris, S. ((2003). *Siblings of children with autism: A guide for families*. Bethesda, MD: Woodbine House.

Howlin, P. (1988). Living with impairment: The effects on children of having an autistic sibling. *Child: Care, Health and Development, 14*, 395-408.

Klein, S. D., & Schleifer, M. J. (Eds.). (1993). *It isn't fair! Siblings of children with disabilities*. Westport, CT: Bergin & Garvey Press.

McHugh, M. (2002). *Special siblings: Growing up with someone with a disability* (revised). Baltimore, MD: Paul H. Brookes Publishing Company.

Meyer, D., & Vadasy, P. (1994). *Sibshops: Workshops for siblings of children with special needs*. Baltimore, MD: Paul H.

Brookes Publishing Company. A new edition is in preparation.

Meyer, D., & Vadasy, P. (1996). *Living with a brother or sister with special needs: A book for sibs* (2nd ed.). Seattle, WA: University of Washington Press.

Powell, T., & Gallagher, P. (1993). *Brothers and sisters: A special part of exceptional families* (2nd ed.). Baltimore, MD: Paul H. Brookes Publishing Company. Currently out of print; a new edition is in preparation.

Siegel, B., & Silverstein, S. C. (1994). *What about me? Growing up with a developmentally disabled sibling*. New York, NY: Plenum Publishing Corporation.

Stoneman, L., & Berman P. (1993). *The effects of mental retardation, disability and illness on sibling relationships*. Baltimore, MD: Paul H. Brookes Publishing Company.

Books Specific to Autism Spectrum Disorders for Siblings and Peers

Amenta, C. (1992). *Russell is extra special: A book about autism for children*. New York, NY: Magination Press.

Band, E.B. & Hecht, E. (2001). *Autism through a sister's eyes: A young girl's view of her brother's autism*. Arlington, TX: Future Horizons, Inc.

Bleach, F. (2001). *Everybody is different: A book for young people who have brothers or sisters with autism*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Cullen, D. T. (1999). *Trevor Trevor*. Higganum, CT: Starfish Specialty Press.

Dalrymple, N. (1979). *Learning together*. Bloomington, IN: Indiana University, Institute for the Study of Developmental Disabilities.

Edwards, B., & Armilidge, D. (1999). *My brother Sammy*. Brookfield, CT: Millbrook Press.

Gagnon, E., & Myles, B. S. (1999). *This is Asperger syndrome*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Gartenberg, Z. (1998). *Mori's story: A book about a boy with autism*. Minneapolis, MN: Lerner Publications Company.

- Hoopman, K. (2001). *Blue bottle mystery: An Asperger adventure*. Philadelphia, PA: Jessica Kingsley Publishers.
- Hoopman, K. (2001). *Of mice and aliens: An Asperger adventure*. Philadelphia, PA: Jessica Kingsley Publishers.
- Katz, I., & Ritvo, E. (1993). *Joey and Sam*. Northridge, CA: Real Life Storybooks.
- Karasik, P. & Karasik, J. (2003). *The ride together: a brother and sister's memoir of autism in the family*. New York, NY: Washington Square Press.
- Landalf, H. (1998). *The secret night world of cats*. Lyme, NH: Smith and Kraus.
- Lears, L. (1998). *Ian's walk: A story about autism*. Morton Grove, IL: Albert Whitman and Company.
- Martin, A. (1990). *The babysitters club: Kristy and the secret of Susan*. New York, NY: Scholastic Inc.
- Martin, A. (1984). *Inside out*. New York, NY: Scholastic Inc.
- Messner, A. W. (1995). *Captain Tommy*. Stratham, NH: Potential Unlimited Publishing.
- Peralta, S. (2002). *All about my brother: An eight-year-old sister's introduction to her brother who has autism*. Shawnee, KS: Autism Asperger Publishing Company.
- Rosenberg, M.S. (2000). *Everything you need to know when a brother or sister is autistic*. New York, NY: Rosen Publishing Group, Inc.
- Rosenberg, M.S. (2001). *Coping when a brother or sister is autistic*. New York, NY: Rosen Publishing Group, Inc.
- Simmons, K. (1997). *Little rainman: Autism through the eyes of a child*. Arlington, TX: Future Horizons, Inc.
- Sprecher, J. (1997). *Jeffery and the despondent dragon*. Muskego, WI: Special Kids Company.
- Sullivan, C. (2001). *I love my brother: a preschooler's view of living with a brother who has autism*. Stratham, NH: PHAT ART 4.
- Thompson, M. (1992). *My brother, Matthew*. Bethesda, MD: Woodbine House.
- Thompson, M. (1996). *Andy and his yellow frisbee*. Bethesda, MD: Woodbine House.

Watson, E. (1996). *Talking to angels*. San Diego, CA: Harcourt and Brace Company.

Selected Resources for Siblings

Family Resource Associates, Inc.

35 Haddon Avenue
Shrewsbury, NJ 07701
Phone: (732) 747-5310
Quarterly newsletters: For Siblings Only (ages 4-9) and Sibling Forum (ages 10 & up).
www.familyresourceassociates.org

The Sibling Support Project

Donald Meyer, Director
The Arc of the United States
6512 23rd Avenue NW, Suite 213
Seattle, WA 98117
Phone: (206) 297-6368
www.thearc.org/siblingsupport/

Videos:

Just Call Him Matthew. (1992). VHS format; 26 minutes. Produced by Mountain Productions, New Mexico; (505) 291-9284. Young brothers and sisters of children with autism speak openly about their feelings and experiences.

Brothers and Sisters on Siblings with Developmental Disabilities. (1989). VHS format; 20 minutes. Produced by YARC Sibling Support, Waisman Center, Madison, Wisconsin. Older siblings discuss their experiences, joys, and disappointments concerning their brothers and sisters with disabilities.

Brothers and Sisters-Siblings. (1995). VHS format; 21 minutes. Society of British Columbia. Narrated by a teenage sister. Visits with a variety of siblings and their families who discuss the challenges and rewards of having a brother or sister with autism.

Sense of Belonging: Including Students with Autism in their School Community. (1997). VHS format; 19:34 minutes.

Distributed by Indiana Resource Center for Autism. Illustrates the value of inclusion and importance it plays for the future of all students.

Being Friends (1991). VHS format; 8:08 minutes. Produced by the Indiana Resource Center for Autism and WTIU. For use with young children and peers.

Straight Talk About Autism: Adolescent Issues (1999). VHS format; 38 minutes. An Attainment Production, P.O. Box 930160 Verona, WI 53593-0160. Phone: (800) 327-4269; Fax: (800) 942-3865. Adolescents with autism and their parents discuss openly their feelings and insights about social experiences that are both rewarding and challenging.

Booklets:

Brothers and Sisters Talk with PACER. (1987). Produced by Parent Advocacy Coalition for Education Rights (PACER), Minneapolis, MN; (612) 827-2966. Booklet with accounts based on interviews conducted with siblings of children and young adults with disabilities.

In Our Own Words: Stories by Brothers and Sisters of Children with Autism and P.D.D. (1997). Edited by Patricia Leonard-Toomey. Published by Community Autism Resources, Adsum, Inc.; (508) 677-9239.

Views from Our Shoes. (1997). By Donald Meyer. Published by Woodbine House, Bethesda, MD; (800) 843-7323.

Web Sites:

www.siblingsofautism.com This is the web site of a teen-aged sibling from New Jersey.

Ashley is three years younger than her brother. She offers information, links, chats, resources and pen pal opportunities.



WEBSITES

Autism Information for Kids!

<http://www.angelfire.com/pa5/as/talkingtokids.html>

Information Written for Kids

From the Autism Society of Delaware.

http://www.delautism.org/kids_only.htm

Kid's Quest

<http://www.cdc.gov/ncbddd/kids/kautismpage.htm>

"I've heard on the news about kids having something called "autism spectrum disorder (ASD)." What is it and what do I need to know about it?"

Autism Information Written for Kids

<http://www.autism-ascc.org/kids.htm>

Includes topics such as "What are people with autism like?" and "Things you might discuss with your child if they know someone with Autism".

Kids and Kaboodle

<http://www.kidsandkaboodle.com/features/autism.htm>

Autism questions and answers.

About Autism

<http://www.gnasd.com/autism.htm>

Information for kids who know a friend with Autism.

Kids Health: Autism

http://www.kidshealth.org/kid/health_problems/brain/autism.html

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