

For Children with Autism Spectrum Disorder (ASD)

Being read to is a part of a rich childhood and will help your child develop and learn. Your child with ASD may have trouble looking at you or at the pictures in a book, understanding some of the words in a story, or telling you the names of things on the page. Even though he may sit with you for only a short time, he may enjoy cuddling up and sharing something colorful and interesting. As he can sit for longer periods, he might be able to start pointing to pictures with you, repeating words, signing to you, or letting you know in other ways that he is sharing a meaningful experience with you.

If your child likes routine in his day, try reading his favorite book to help him move from one activity to another, for instance going from home to school or from play to sleep. Work with his therapists and teachers to learn how reading can help him with sensitivity to some textures; social skills; new activities; and transitions. His enjoyment can be your guide to choosing a book at the right level; you can try a book for an older age or go back to an old favorite. Reading aloud strengthens his speech and language skills, helps to make reading fun, and gives him a gift that will last for life—the love of books.

READING TIPS FOR YOUR

Toddler

- **Sit together to read at times when your child is relaxed and receptive, such as before bedtime.**
- **Borrow books from the library that have photos and drawings of faces.** They can help your child recognize emotions.
- **Read the same story again and again.** The repetition will help her learn language.
- **Talk about the pictures and read the text.**
- **Find books that have lots of repetition of phrases.** Also find books with rhymes.
- **Softly clap your hands** and help your child clap along to the rhythm.
- **She may like books with picture buttons** that she can press to produce sounds.

READING TIPS FOR YOUR

Preschool or School-Age child

- **Talk about the story with your child.** “Why do you think the monkey stole the key?”
- **Help her become aware of letter sounds.** “What sound does a snake make?” As she develops, ask more complex questions. “What sound does ‘ball’ start with?”
- **Play sound games with your child.** List words that rhyme or start with the same sound.
- **Early reading and writing skills develop at the same time, so encourage her to use crayons, markers, and paint to draw pictures.**



TODDLER SUGGESTED BOOKS

Babies (also Feelings or Babies on the Move)

by Susan Canizares

Global Babies

by Mara Ajmera

Smile!

by Roberta Grobel Intrater

Lots of Feelings

by Shelley Rotner

PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

The Feelings Book

by Todd Parr

My Many Colored Days

By Dr. Seuss

Llama, Llama Mad at Mama

By Anna Dewdney

Books by Simms Taback such as *There Was an Old Lady Who Swallowed a Fly* and *This is the House that Jack Built*

Lyle Lyle Crocodile

by Bernard Waber



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reachoutandread.org

RESOURCES

BOOKS FOR OLDER CHILDREN

My Friend Has Autism (Ages 5–10)
by Amanda Tourville (2010)

My Brother Charlie (Ages 4–8)
by Holly Robinson Peete and Ryan Elizabeth Peete (2010)

Autism and Me (Ages 5–12)
by Ouisie Shapiro (2009)

Ian's Walk (Ages 4–8)
by Laurie Lears and Karen Ritz (1998)

I See Things Differently: A First Look at Autism (Ages 4–7)
by Pat Thomas (2014)

Andy and his Yellow Frisbee (Ages 5–10)
by Mary Thompson (1996)

BOOKS FOR PARENTS

The New Social Story Book
by Carol Gray (2015)

Essential First Steps for Parents of Children with Autism: Helping the Littlest Learners
by Lara Delmolino and Sandra L. Harris (2013)

Autism Intervention Every Day!: Embedding Activities in Daily Routines for Young Children and Their Families
by Merle Crawford and Barbara Weber (2016)

Getting from Me to We: How to Help Young Children Fit in and Make Friends
by Shonna L. Tuck (2015)

Ten Things Every Child with Autism Wishes You Knew
by Ellen Notbohm (2012)

Autism Spectrum Disorders: What Every Parent Needs to Know
by Alan I. Rosenblatt and Paul S. Carbone (2012)

A Parents' ABC of the Autism Spectrum
by Stephen Heydt (2016)

An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn
Sally Rogers, Geraldine Dawson, and Laurie A. Vismamra (2012)

A Picture's Worth: PECS and Other Visual Communication Strategies in Autism, Second Edition
by Andy Bondy and Lori Frost (2011)

ORGANIZATIONS (find all web resources at reachoutandread.org/ddresources)

Autism Society of America
autism-society.org

Autism Speaks - First 100 Days Toolkit
autismspeaks.org/family-services/tool-kits/100-day-kit

Centers for Disease Control and Prevention - Autism Spectrum Disorder
cdc.gov/ncbddd/autism/index.html

Easter Seals - Autism Services
easterseals.com/our-programs/autism-services/

First Signs
firstsigns.org

National Institute of Neurological Disorders and Stroke Autism Fact Sheet
ninds.nih.gov/Disorders/All-Disorders/Autism-Spectrum-Disorder-Information-Page

Healthy Children from the American Academy of Pediatrics
healthychildren.org

MEDIA AND TECHNOLOGY RECOMMENDATIONS

- Young children love TV, iPads, videos, and electronic games, but they don't learn as much from looking at screens or pushing buttons as they do spending time reading or playing games with family.
- For children under two years old, the American Academy of Pediatrics (AAP) advises electronic media only for video phone calls with people close to them, such as parents deployed overseas or grandparents.
- For older children, the AAP suggests no more than one hour a day of high-quality programs (such as Public Television).
- Sit with her while she is watching TV or other media, and talk about what she sees.
- Videos with bright lights and catchy tunes can make everything else seem much less interesting. If he struggles to turn off the TV or put down the iPad, it may be a good idea to eliminate screen time altogether.
- Of course, put away your own electronics. Instead, play, sing, talk and read with her.
- For more information on media and technology use, visit healthychildren.org/english/family-life/media/pages/default.aspx

Reading tips on the opposite side

