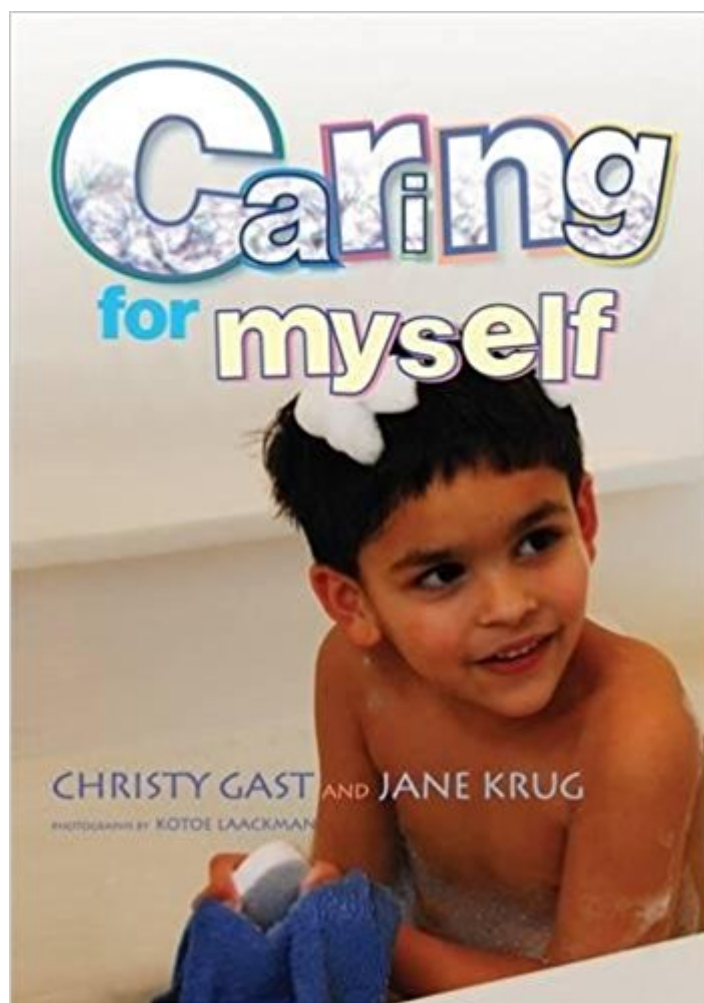


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# Caring For Myself: A Social Skills Storybook



## Synopsis

For a child with an autism spectrum disorder (ASD), even everyday activities like brushing your teeth, washing your hands or visiting the doctor can cause anxiety and stress because of the sensory, cognitive and communication impairments they experience. *Caring for Myself* is an entertaining and educational social skills storybook that will help children with ASDs to understand the importance of taking care of their bodies. Fully illustrated with colour photographs, it sets out fun, simple steps that explain what caring for yourself actually involves - how you can do it, where it is done and why it is important. At the end of each story is a handy 'Pause for Thought' page for parents which offers tips and strategies to help a child with each activity. This charming book will be much loved by children with ASD and will enable them and their parents to cope with the daily activities that can be such a challenge.

## Book Information

Paperback: 96 pages

Publisher: Jessica Kingsley Publishers; 1 edition (November 15, 2007)

Language: English

ISBN-10: 1843108879

ISBN-13: 978-1843108870

Product Dimensions: 6.7 x 0.5 x 9.4 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,859,056 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Children's Health > Special Needs Children](#) #1516 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#) #1735 in [Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome](#)

Age Range: 3 and up

Grade Level: Preschool and up

## Customer Reviews

"This is a resource for young children that is certain to stand the practical tests of time and application! Simple and complete, parents and professionals will find themselves reaching for it time and again." --Carol Gray, President, The Gray Center for Social Learning and Understanding and pioneer of Social Stories[trademark]"As adults, we frequently take for granted the daily routines which have become such an integral part of our lives. For many children, however, the unfamiliarity

of these activities can instill fear or uncertainty, or promote the impression that the tasks are overwhelmingly difficult or complicated. With beautiful photos and simple, reassuring text, the authors and illustrator have created a remarkable resource. The step-by-step information will enable children to become familiar with basic routines so that they can approach them with both confidence and competence." --Laurel A. Hoekman, Executive Director, The Gray Center for Social Learning and Understanding" These picture/word stories are to be enjoyed as they teach practical life skills to our children by making the information explicit and user friendly. The information is clearly presented and sequenced so it makes sense to our children, pairing language with pictures. It also helps parents learn how to break down these tasks into smaller steps that can guide them as to how best to teach this information to their children." --Michelle Garcia Winner, Center for Social Thinking, Inc

'This is an attractive book that provides directives for children with Autism to help them through the routines related to hygiene and self-care. Simple statements paired with photographs, show the child how to perform various tasks, and provide easy-to-understand information about why it is necessary that we look after our bodies. Tasks described are ones with which every child needs to be familiar. They include "Washing My Hands

It's a nice book. I've made similar items for specific children with their own picture, though not bound like this book. I like the pages with just a sentence or two. I've used index cards with even more simple phrasing to cover the ones with paragraphs where there is too much info for particular students.

Having worked with children on the autism spectrum I found this book to be unique in it's style. It addresses the issues of sensory integration within various areas of self help. What the average child finds easy, the ASD child finds difficult in the way of touch, sound, taste, etc. This book helps the child to see these experiences as normal activities

My only complaint is that it did not include a toileting social story. I really think it should have been included. The others are good and for the ASD child who responds well to photographs-this book is great. My recommendation is that it really is good for preschool age children- 3-5 years. Good Luck!

This book is great for children on the autism spectrum and beyond. My daughter has ADHD and has

enjoyed this book just as much as my son who has developmental delays. Great to help teach children to be independent and why.

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