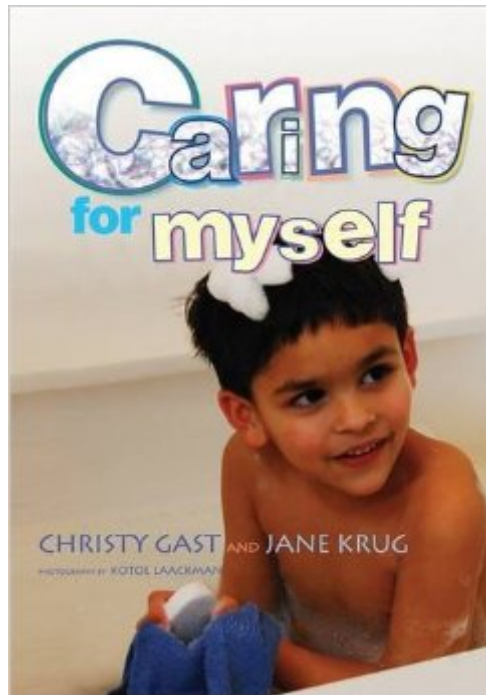


The book was found

# 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 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 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. Parents and caregivers of children aged 3+, particularly those with autism spectrum disorders, sensory, behavioural or social communication issues such as Autism and Asperger's Syndrome.

## Book Information

Paperback: 96 pages

Publisher: Jessica Kingsley Pub; 1 edition (April 30, 2008)

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: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #2,594,050 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Children's Health > Special Needs Children](#) #1348 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#) #1568 in [Books > Health, Fitness & Dieting > Children's Health > Autism & Asperger's Syndrome](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

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 its 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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Myself Among the Yanomami Father's Guide to Family Court: How I Represented Myself in Family  
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