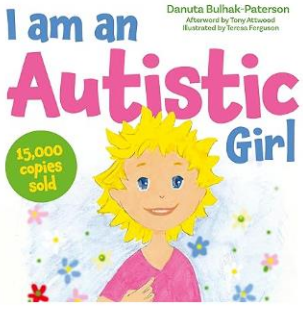
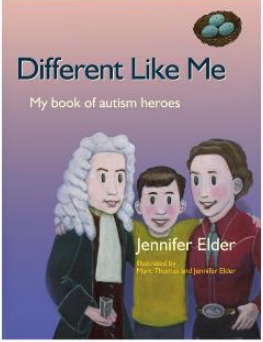
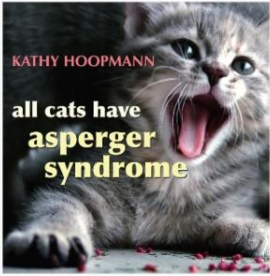
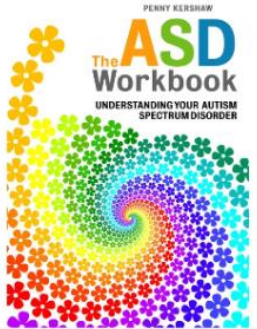
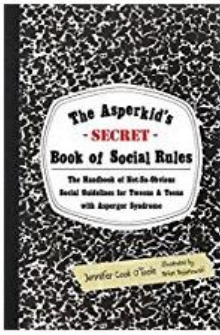


Books for girls with autism spectrum disorders

Books for girls:

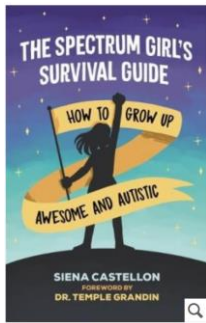
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|  | <p>I am an autistic girl</p> <p><i>Danuta Bulhak-Paterson</i></p> <p>A book for girls aged 5 and above, looking at understanding their diagnosis, recognising their unique strengths and celebrating their differences.</p> |
|  | <p>Different Like Me: my book of autism heroes</p> <p><i>Jennifer Elder</i></p> <p>This book introduces children aged 8 to 12 years to famous, inspirational figures from the world of science, art, maths, literature, philosophy and comedy.</p> |
|  | <p>All Cats Have Asperger Syndrome</p> <p><i>Kathy Hoopman</i></p> <p>A picture book for all ages, a gentle introduction to autism</p> |
|  | <p>The ASD Workbook – Understanding your Autism Spectrum Disorder.</p> <p><i>Penny Kershaw</i></p> <p>This workbook helps parents to explain ASDs to their child and provide practical and emotional support following diagnosis.</p> |



The Asperkid's (Secret) Book of Social Rules: the Handbook of Not-So-obvious Social Guidelines for Tweens and Teens with Asperger Syndrome

Jennifer Cook O'Toole

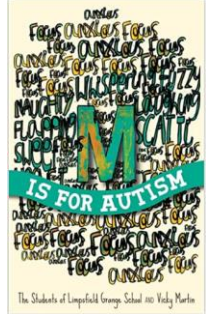
Ideal for all 10-17 year olds with Asperger syndrome, this book provides inside information on over thirty social rules helping Asperkids to navigate the mysterious world around them.



The Spectrum Girl's Survival Guide: how to grow up awesome and Autistic

Siena Castellon

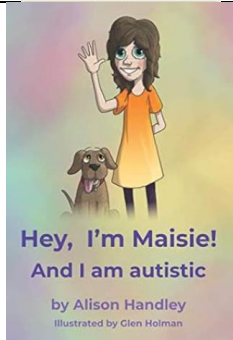
A great guide to life as a teenage girl with autism and a good read for those who wish to support them. The Spectrum Girl's Survival Toolkit is a workbook which accompanies the original guide.



M is for autism

The students of Limpsfield Grange and Vicky Martin

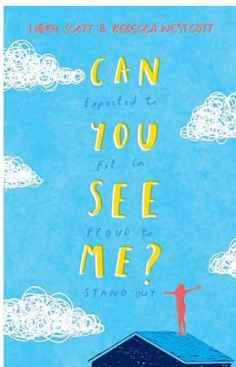
A novel which explores an autistic point of view, written by people with lived experience



Hey, I'm Maisie! An I'm autistic

Alison Handley

A 50-page long book designed to explain the experience of autism and autistic traits through the character Maisie.

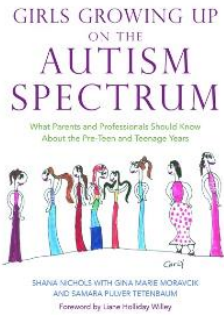
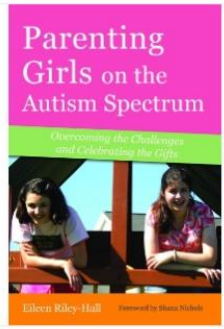
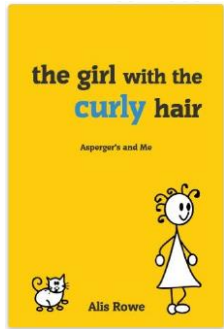
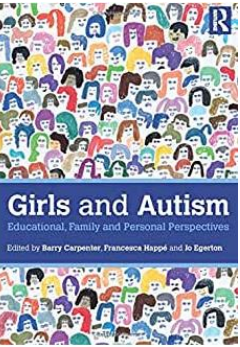
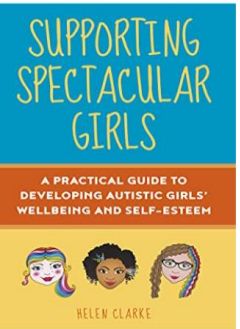


Can you see me? A powerful story of autism, empathy and kindness

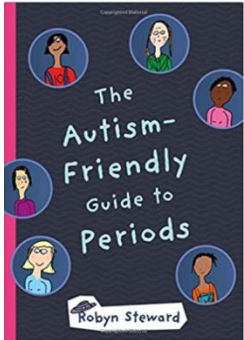
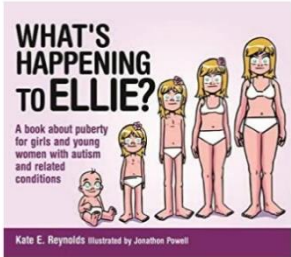
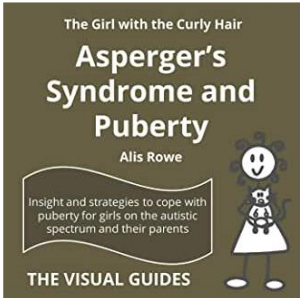
Libby Scott and Rebecca Westcott

Aimed at 9 years+ this is the first book in a series written from the perspective of a real child with autism and their experience masking around peers.

Books For Parents of girls:

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|---|---|
|  | <p>Girls Growing Up on the Autism Spectrum – What Parents and Professionals Should Know About the Pre-Teen and Teenage Years</p> <p><i>Gina Marie Moravcik, Samara Pulver Tetenbaum, and Shana Nichols</i></p> <p>This book covers issues from periods and puberty to friendships and ‘fitting in’, it looks at these issues within the context of specific areas of difficulty for girls with ASD.</p> |
|  | <p>Girls on the Autism Spectrum – Overcoming the Challenges and Celebrating the Gifts.</p> <p><i>Eileen Riley-Hall</i></p> <p>Each chapter explores a different topic including school, friendships, meltdowns and so on.</p> |
|  | <p>The girl with the curly hair – Asperger’s and me</p> <p><i>Alis Rowe</i></p> <p>A first-person perspective of life as a girl with Asperger’s</p> |
|  | <p>Girls and Autism</p> <p><i>Barry Carpenter, Francesca Happé, et al</i></p> <p>A combination of personal experiences and research, written by some of the top experts in Autism</p> |
|  | <p>Supporting Spectacular Girls – a Practical Guide to developing Autistic girl’s wellbeing and Self-Esteem</p> <p><i>Helen Clarke</i></p> <p>Aimed supporting wellbeing for girls aged 11-15</p> |

Books about Puberty:

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|--|---|
|  | <p>The Autism Friendly Guide to Periods</p> <p>Robyn Steward</p> <p>A frank and honest guide to what teenagers girls with autism need to know</p> |
|  | <p>What's Happening to Ellie?</p> <p><i>Kate Reynolds</i></p> <p>A simple explanation of puberty for younger children</p> |
|  | <p>Asperger's syndrome and Puberty</p> <p><i>Alis Rowe</i></p> <p>A visual guide with strategies and advice for coping with puberty</p> |

Updated in July 2024. The above suggestions are based on resources which we have found useful when working with children with autism and related difficulties at Freemantles School.