

## BOOK LIST: AUTISM ACCEPTANCE MONTH EDITION

Dive into book recommendations from Easterseals MORC's Autism team! The books below are some of the team's favorites that focus on understanding and acceptance, offer support, and discuss autism in an age-appropriate way.

### UNDERSTANDING & ACCEPTANCE

- **Uniquely Human: A Different Way of Seeing Autism**
  - A compassionate, strengths-based look at autism that reframes behavior as meaningful communication.
- **The Reason I Jump**
  - Written by a non-verbal teen with autism, offers powerful insight into living with autism.
- **NeuroTribes**
  - A comprehensive history of autism and the future of the neurodiversity movement.
- **Understanding Disability Book Series**
  - This series explores disability in a comprehensive, honest and age-appropriate way. Written at a third grade reading level by writers with disabilities, these books include engaging sidebars to encourage children to look, think, make a guess, ask questions, and create.



### FOR YOUNG CHILDREN (PRESCHOOL - ELEMENTARY)

- **All My Stripes**
  - A helpful story for children with autism spectrum disorders as they follow a young zebra who learns to understand how he is different. All My Stripes celebrates identity beyond a diagnosis; great for building self-esteem.
- **The Girl Who Thought in Pictures**
  - A picture book biography of Dr. Temple Grandin, highlighting visual thinking.
- **The abilities in me: Autism**
  - a picture book dedicated to children diagnosed with autism to help them find acceptance and create awareness to those around them.
- **My Friend Has Autism**
  - Explains differences in a clear and gentle way for neurotypical peers to better understand and focuses on making connections.
- **Autism Is...?**
  - Presents a simple, child-friendly introduction to autism with explanations and affirming messages.



## FOR ADOLESCENTS & TWEENS

- **The Survival Guide for Kids with Autism Spectrum Disorder (and their parents)**
  - Help children with autism understand their unique gifts and needs and learn strategies for daily living in a neurotypical world.
- **Different, Not Less**
  - Empowering essays and reflections from an advocate and actor with autism.



## FOR SIBLINGS

### Younger Siblings:

- **My Brother Charlie**
  - Uses child friendly language as the story is told through Charlie's sister, Callie's, eyes. The children's book promotes understanding and acceptance, empathy, celebrating differences, and sibling love.
- **Sometimes My Brother**
  - Teaches readers what autism is all about, showcases the challenges that children with autism face and the obstacles they overturn, and affirms other siblings they are not alone.

### Older Children & Teens:

- **Views from Our Shoes**
  - Shares stories, reflections, and advice from siblings of children with disabilities.
- **Everybody Is Different**
  - A book designed to answer various questions that siblings of young people with autism may have. Encourages acceptance and normalizes differences.



## FOR PARENTS AND PRACTICAL SUPPORT

- **I Have AWESOME (Autism)**
  - Jon & Becky Richey share their family's story hoping to provide hope, encouragement, and validation to other parents who have a child(ren) with autism.
- **Ten Things Every Child with Autism Wishes You Knew**
  - An easy-to-read book written from a child's perspective to help parents reframe behavior with empathy and start creating positive outcomes for their child recently diagnosed with autism.
- **An Early Start for Your Child with Autism**
  - A guide using evidence-based strategies for supporting young children in everyday routines.
- **The Autism Parenting Handbook**
  - Practical guidance for supporting behavior, communication, and daily life.
- **More Than Words**
  - Especially helpful for parents of children with language and social communication needs.

