

## Book Review

# The Parents Guide to Autism: The Proven Path to Success

by Anne Carol Sharples  
reviewed by Tina Marano

**THIS IS A WONDERFUL RESOURCE** for anyone who is new to the world of autism, be it a parent, caregiver, educator or individual on the autism spectrum. It is a quick and easy read, written in parent-friendly language, with many real life stories from individuals and families on the autism spectrum. The book has practical tips and strategies to help deal with the challenges that many individuals and families face on a daily basis.

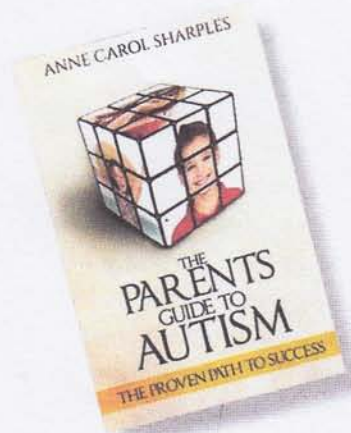
The book is divided into nine chapters, beginning with Chapter 1: Diagnosis of Autism. Having an 18-year-old on the spectrum, I can recall my own personal experience when I was given the diagnosis of autism. Sharples explains how each individual on the spectrum is unique and their range of ability is broad, and although various characteristics are common to autism no two individuals are exactly alike.

She provides parents with practical tips, such as seeking professional advice, making a list of questions, and even video-taping a play session – all useful to help with a diagnosis and intervention. The educated parent can then begin the journey to advocate on behalf of their child once they are equipped with the understanding of their child's strengths and challenges. Sharing this information with the school will help to alleviate fear or misunderstanding, and instead help build awareness, inclusion and acceptance.

The many real life stories in the book will ring true for so many who live under the autism umbrella, and for me, it made me realize I was not alone.

Other chapters deal with Relationships, Bullying, Learning and Communication, preparing those on the spectrum to self advocate. How to manoeuvre in the social world is the focus of Chapter 8 and Chapter 9 examines the importance of maintaining a healthy lifestyle. One strategy provides parents with ideas on how to help gage and understand feelings, similar to the Zones of Regulations, which many schools also use to help children monitor and express their feelings.

The author provides readers with many up-to-date strategies and ideas as well as links to various websites with additional resources. Thank you Ms. Sharples for providing this useful resource to the many of us whose lives are touched by autism, and for the many who are willing to learn more about it. ■



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www.annecarolsharples.com  
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