

CONTENTS

FOREWORD — Temple Grandin, Author of <i>The Way I See It</i>	vii
PREFACE: Begin with the End in Mind (What of the Future?)	ix

PART I: First Steps

<i>They Say It's Autism ... What Does That Mean?</i>	1
Chapter 1: Hearing the News	3
Chapter 2: Responding to the News	15
Chapter 3: Looking Forward (Oh, for a crystal ball.)	23

PART II: Home Base

<i>Create an Environment that Works for Everyone</i>	29
Chapter 4: Home, Safe Home	31
Chapter 5: Home, Sweet School	37
Chapter 6: Home, Sweet Home	45

PART III: Healthy Habits Start at Home

<i>The Right Path from Day One</i>	49
Chapter 7: Nutrition Needs	51
Chapter 8: Exercise Needs	59
Chapter 9: Sleep Needs	63
Chapter 10: Stimulation Needs	67
Chapter 11: The Well-Child Checkup	75

PART IV: Learn to Love the Parade

<i>Get the Most out of Your Team</i>	79
Chapter 12: Who Are All These People?	81
Chapter 13: What Should My Child Be Learning?	91
Chapter 14: What Shouldn't My Child Be Learning?	97

PART V: Out and About

<i>Venturing Forth into the Community</i>	103
Chapter 15: The Unwritten Rules of the Park and Playground	105
Chapter 16: How to Go to the Grocery Store without Going Crazy	111

Chapter 17: Navigating Barber Shops, Dentists' Offices, and the Rest of the World.....	117
Chapter 18: Safety First ... But What if They Get Lost Anyway? Prepare First Responders to Find Your Child	123

PART VI: Emotional Roller Coaster

<i>When There is No Emoji to Express How They Feel</i>	<i>129</i>
Chapter 19: Negative Feelings: Anxiety, Anger, Sadness	131
Chapter 20: Positive Feelings: Joy, Delight, Ecstasy	135
Chapter 21: Strategies for Dealing with Overstimulation	139

PART VII: School Days

<i>Navigating the IEP Process.....</i>	<i>143</i>
Chapter 22: What is an IEP, Anyway?.....	145
Chapter 23: Transition: Vocational.....	151

PART VIII: Transitions

<i>Look the Future in the Eye Without Blinking.....</i>	<i>159</i>
Chapter 24: Pre-Adolescence and the Dreaded Teen Years	161
Chapter 25: Transition Planning: Educational	167
Chapter 26: Transition Planning: Financial.....	173
Chapter 27: Transition: Recreation.....	181

PART IX

<i>Parents & Children in the Time of COVID.....</i>	<i>187</i>
POSTSCRIPT: Congratulations! You are on the Right Track & Moving Forward	193
RESOURCES	197
ABOUT THE AUTHORS	207