

This month's feature topic

Helping Parents Understand Autism

Autism and Autism Spectrum Disorder are complex developmental disabilities that usually appear during the first three years of life. They are the result of a genetic disorder that affects the brain's normal functioning. Both children and adults with autism typically show difficulties in verbal and non-verbal communication, social interaction, and leisure or play activities.

The Family Resource Library makes it easy for parents to start exploring autism since it brings together many resources in one place. Parents can gather information in a relaxed setting and get advice and guidance when needed.

Books, parent guides, workbooks, and information on support groups, community-based agencies, and national organizations for families are all readily available and we regularly review our list of recommended web sites about autism.

The Family Resource Library loans out most of its resources so parents and healthcare professionals can borrow materials that cover many aspects of Autism Spectrum Disorder such as:

- diagnosis, interventions, definitions, and educational programs
- medical, nutritional and behavioural issues
- approaches to treatment
- helping a child live with a brother or sister with special needs
- encouraging a child's abilities and enhancing family life
- understanding the challenges of the disorder
- understanding their experiences with their child

The library also has a DVD of a recent documentary on autism which aired on PBS, the American public broadcasting network.

Our web site is also a great way for parents to find information. Visitors to the site can select autism from the list of medical topics then choose any combination of books, web sites, support groups or multimedia to see what's available

Here are just some of the available resources on Autism:

Autistic spectrum disorders: understanding the diagnosis and getting help

Mitzi Waltz

Helping your child with autism spectrum disorder: a step-by-step workbook for families

Stephanie B. Lockshin, Jennifer M. Gillis, Raymond G. Romanczyk

Taking autism to school (a book for children)

Andreanna Edwards; illustrated by Tom Dineen

La Personne autiste et le syndrome d'Asperger

Jean-Charles Juhel avec la collaboration de Guy Hérault

Mon enfant autiste : le comprendre, l'aider

Patrick Coupechoux ; photographies de Gilles Rigoulet ; préface de Gilbert Lelord

Our **web site** has annotated bibliographies, support group information and recommended web sites for a large variety of medical and parenting topics.

Visit us at www.mchfamilylibrary.ca

We feel strongly that the library is a complementary resource to the care provided by the Children's staff and so we make it clear to families that medical material is provided for information purposes only and does not replace the advice of a physician, nurse or other healthcare professional.