

**Social Competence Strategies for Families**

**Part 3**

Using Evidence Based Practices

**RESOURCES**

***Books:***

Bernard-Opitz, V., & Haubler, A. (2011). *Visual support for children with autism spectrum disorders.* Shawnee Mission, KS: Autism Asperger Publishing Company.

This book lays the foundation for how to structure teaching environments, as well as offers countless examples of activities for students, ranging from basic skills, to reading and math, to social behavior.

Betts, D. E., & Betts, S. W. (2006). *Yoga for children with autism spectrum disorders: A step-by-step guide for parents and caregivers.* London, UK: Jessica Kingsley Publishers.

This fully‐illustrated book combines the authors' professional expertise with their experience of parenting, offering a range of gentle and fun yoga positions and breathing techniques that are effective in dealing with the increased levels of anxiety, disorientation and tactile sensitivity often found in children with autism spectrum disorders (ASDs).

Buron, K. D. (2004). *When my autism gets too big! A relaxation book for children with autism spectrum disorders.* Shawnee Mission, KS: Autism Asperger Publishing Company.

This structured yet flexible, child and adult-friendly intervention can be used in many environments. The author addresses some of the biggest challenges experienced by our children and youth‐the inability to self‐monitor stress, the rapid escalation from worry to meltdowns, and problems knowing how to relax or return to a state of calmness.

Buron, K. D., & Curtis, M. (2004). *The incredible 5-point scale: Assisting students with autism spectrum disorders in understanding social interactions and controlling their emotional responses.* Shawnee Mission, KS: Autism Asperger Publishing Company.

This book shows how to break down a given behavior and, with the student s active participation, develop a scale that identifies the problem and suggests alternative, positive behaviors at each level of the scale.

Cohen, M. J., & Sloan, D. L. (2007). *Visual supports for people with autism: A guide for parents and professionals.* Bethesda, MD: Woodbine House.

This guide shows parents and educators how incorporating visual supports while teaching can improve academic performance, behavior, interaction with others, and self‐help skills.

Gagnon, E. (2001). *Power cards: Using special interests to motivate children and youth with Asperger syndrome and autism.* Shawnee Mission, KS: Autism Asperger Publishing Company.

This step‐by‐step book shows parents and educators how to help change an unwanted or inappropriate behavior by capitalizing on the special interests that characterize children and youth with Asperger Syndrome.

Hodgdon, L. A. (2011). *Visual strategies for improving communication (revised and updated edition): Practical solutions for autism spectrum disorders.* Troy, MI: Quirk Roberts Publishing.

This comprehensive book explains the use of visual strategies to improve communication for students with autism spectrum disorders and other students who experience moderate to severe communication impairments. It is full of easy to use techniques and strategies that will help these students participate more effectively in social interactions and life routines.

Savner, J. L., & Myles, B. S. (2000). Making visual supports work in the home and community: Strategies for individuals with autism and Asperger syndrome. Shawnee Mission, KS: Autism Asperger Publishing Company.

This book contains step-by-step directions and accompanying pictures to help families and individuals with autism spectrum disorders create visual supports that work across many settings.

Williams, N. & White, L. (2010). *Yoga therapy for every special child: Meeting needs in a natural setting.* London, UK: Singing Dragon.

This accessible guide contains simple yoga techniques that can be used with children of all abilities. The author provides gentle yoga postures and exercises that can help to promote relaxation, flexibility, strength, coordination and body- awareness.

***DVDs:***

Baskauskas, A., & Collins, B. (n.d.) Yoga for children with special needs.

The DVD takes the children through a yoga routine and points out different suggestions regarding your child's specific special needs.

***Autism Internet Modules (AIM): Resources available at*** <http://www.autisminternetmodules.org>

Coffin, A. B., & Smith, S. M. (2009). The incredible 5-point scale: Online training module (Columbus: Ohio Center for Autism and Low Incidence). In Ohio Center for Autism and Low Incidence (OCALI), Autism Internet Modules, www.autisminternetmodules.org. Columbus, OH: OCALI.

Smith, S. M. (2007). Visual supports: Online training module (Columbus: Ohio Center for Autism and Low Incidence). In Ohio Center for Autism and Low Incidence (OCALI), Autism Internet Modules, www.autisminternetmodules.org. Columbus, OH: OCALI.

***Websites:***

<http://www.autismspectrum.illinoisstate.edu/resources/factsheets/powercard.shtml>

<http://www.5pointscale.com>

<http://www.txautism.net/manual.html>