



Parenting without Panic: A Pocket Support Group for Parents of Children and Teens on the Autism Spectrum (Asperger's Syndrome)

Brenda Dater

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Ever wish that parenting a child or teen on the autism spectrum came with instant access to a support group?

Brenda Dater has provided parents with exactly that. In this book she draws on her extensive experience as a support group leader and parent of a child on the spectrum to offer trusted advice and tried-and-tested solutions to parents' top concerns, all in an accessible and easy-to-read format. Filled with the voices of other parents in the same situation, the book covers everything from the first steps to take after diagnosis, to advocacy and disclosure, behavior, building independence and resilience, making friends, holidays and vacations, homework, supporting siblings, how to garner support from extended family and friends, and how parents can look after their own wellbeing.

This book extends the vital lifeline of a support group to parents of children and teens on the autism spectrum everywhere.

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