

# Lending Library

Knowledge is power! The following books are available to borrow through our Lending Library. Please email us at [info@nantucketstar.com](mailto:info@nantucketstar.com) to learn more or request a book.



## [Just Take a Bite By Lori Ernsperger](#)

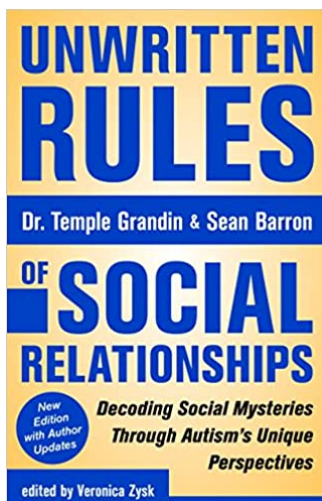
Winner of an iParenting Media Award!

Is your child a picky eater, or a full-fledged resistant eater? Does he or she eat only 3-20 foods, refusing all others, eat from only one food group, or gag, tantrum, or become anxious if you introduce new foods? If so, you have a resistant eater. Learn the possible causes, when you need professional help, and how to deal with the behavior at home. Learn why “don’t play with your food” and “clean your plate”—along with many other old saws—are just plain wrong. And who said you have to eat dessert last? Get ready to have some stereotypes shattered!

Helpful chapters include:

- Who Are Resistant eaters?
- Oral-Motor Development
- Environmental and Behavioral Factors Contributing to Problems with Eating
- Designing and Implementing a Comprehensive Treatment Plan
- Stages of Sensory Development for Eating
- A Recipe for Success

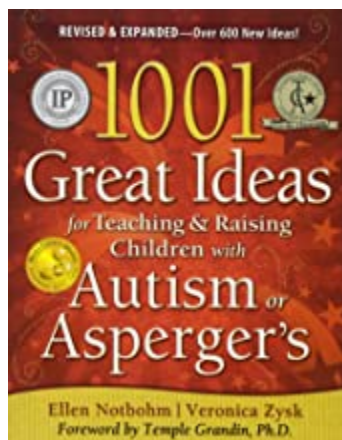
And more!



## [Unwritten Rules of Social Relationships by Dr Temple Grandin & Sean Barron](#)

Born with autism, both Temple Grandin and Sean Barron now live famously successful social lives. However, their paths were quite different. Temple's logical mind controlled her social behavior. She interacted with many adults and other children, experiencing varied social situations. Logic informed her decision to obey social rules and avoid unpleasant consequences. Sean's emotions controlled his social behavior. Baffled by social rules, isolated and friendless, he made up his own and applied them to others. When they inevitably broke his rules, he felt worthless and unloved. Both Temple and Sean ultimately came to terms with the social world and found their places in it. Whether

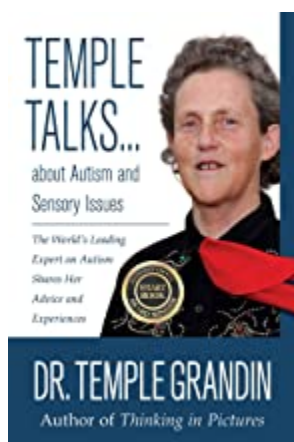
you are a person with autism, a caregiver in the autism community, or just someone interested in an outsider view of society, their powerful stories will enthrall and enlighten you. The first edition of *Unwritten Rules of Social Engagement* was the Silver Award Winner of the Book of the Year Awards and the original edition sold more than 40,000 copies in hard cover!



### [1001 Great Ideas for Teaching & Raising Children with Autism or Asperger's](#) By Ellen Notbohm

Winner of a Silver medal in the Independent Publishers Book Awards and Learning Magazine's Teachers Choice Award, *1001 Great Ideas* has been a treasured resource in the autism community since 2004. In this expanded second edition, Ellen Notbohm (best-selling author of the revolutionary book *Ten Things Every Child with Autism Wishes You Knew*) and Veronica Zysk (award-winning author and former editor of *Autism Asperger's Digest* magazine) present parents and educators with over 1800 ideas try-it-now tips, eye-opening advice, and grassroots strategies. More than 600 fresh ideas join tried and true tactics from the original edition, offering modifications for older kids,

honing in on Asperger's challenges, and enhancing already-effective ways to help your child or student achieve success at home, in school, and in the community. This one-stop-shop of solutions, explanations, and strategies guides the reader to quickly find ideas that speak to the variety of developmental levels, learning styles, and abilities inherent in children with autism and Asperger's.



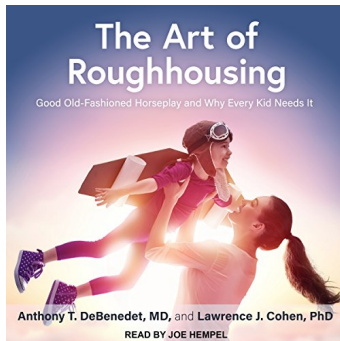
### [Temple Talks....about Autism and Sensory Issues](#) By Dr Temple Grandin

Winner of a 2015 Academic's Choice Award, this is your pocket guide to Temple Grandin; a great introduction to her thoughts and advice on both autism and sensory issues!

Dr. Temple Grandin is a doctor of animal science, a professor at Colorado State University, a best-selling author, an autism activist, and a consultant on animal behavior. She also invented the “squeeze machine,” a device to calm the sensory systems of those on the autism spectrum. The subject of the award-winning 2010 biographical film *Temple Grandin*, she was listed in *Time* magazine among the world's one hundred most influential people.

Have you even wanted to talk to Temple about the sensory issues people with autism, Asperger's, PDD, and Sensory Processing Disorder deal with? Here, in this handy reference book, Temple gives

an overview of what it is like to have autism and sensory difficulties, tells how she overcame her sensory issues, gives useful tips, then answers your questions in an easy-to-reference Q&A.

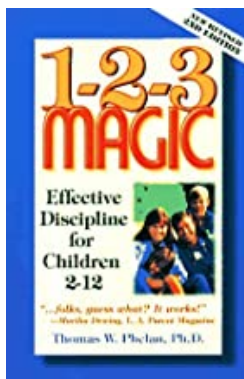


[The Art of Roughhousing, Good Old Fashioned Horseplay and Why Every Kid Needs It](#) By Anthony T. DeBenedet

Everywhere you look, physical play - what some might call "roughhousing" - is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated. Some new schools don't even have playgrounds. Is it any wonder children retreat to "virtual horseplay" via video games?

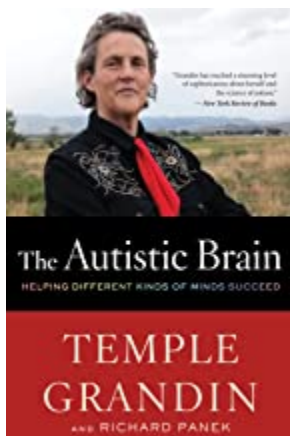
But Drs. Anthony T. DeBenedet and Lawrence J. Cohen are here to shake things up - literally! With *The Art of Roughhousing*, they show how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more.

Drawing inspiration from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present dozens of activities for children and parents to enjoy together - everything from the "Sumo Dead Lift" to the "Rogue Dumbo." These delightful games are fun, free, and contain many surprising health benefits for parents. So put down those electronic games and get ready to rumble!



[1, 2, 3 Magic: Effective Discipline for children 2-12](#)  
By Thomas W. Phelan

Designed to help parents to take charge of their home, offers tips on how to recognize six types of testing and manipulating behavior and how to constructively handle misbehavior at home and in public.



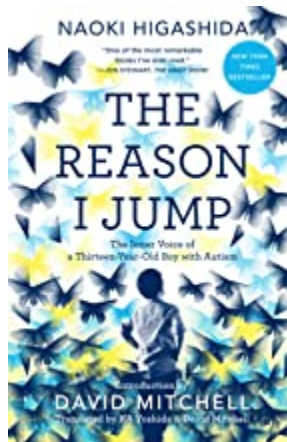
[The Autistic Brain](#) By Temple Grandin

Temple Grandin may be the most famous person with autism, a condition that affects 1 in 88 children. Since her birth in 1947, our understanding of it has undergone a great transformation, leading to more hope than ever before that we may finally learn the causes of and treatments for autism.

Weaving her own experience with remarkable new discoveries, Grandin introduces the advances in neuroimaging and genetic research that link brain science to behavior, even sharing her own brain scan to show which anomalies might explain common symptoms. Most excitingly, she argues

that raising and educating kids on the autism spectrum must focus on their long-overlooked strengths to foster their unique contributions.

The Autistic Brain brings Grandin's singular perspective into the heart of the autism revolution.

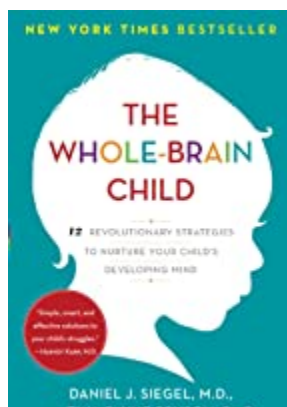


[The Reason I Jump: The Inner Voice of a 13 Year Old Boy with Autism](#)  
[By Naoki Higashida](#)

You've never read a book like *The Reason I Jump*. Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within.

Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know. Questions such as: "Why do people with autism talk so loudly and weirdly?" "Why do you line up your toy cars and blocks?" "Why don't you make eye contact when you're talking?" and "What's the reason you jump?" (Naoki's answer: "When I'm jumping, it's as if my feelings are going upward to the sky.") With disarming honesty and a generous heart, Naoki shares his unique point of view on not only autism but life itself. His insights—into the mystery of words, the wonders of laughter, and the elusiveness of memory—are so startling, so strange, and so powerful that you will never look at the world the same way again.

In his introduction, bestselling novelist David Mitchell writes that Naoki's words allowed him to feel, for the first time, as if his own autistic child was explaining what was happening in his mind. "It is no exaggeration to say that *The Reason I Jump* allowed me to round a corner in our relationship." This translation was a labor of love by David and his wife, KA Yoshida, so they'd be able to share that feeling with friends, the wider autism community, and beyond. Naoki's book, in its beauty, truthfulness, and simplicity, is a gift to be shared.

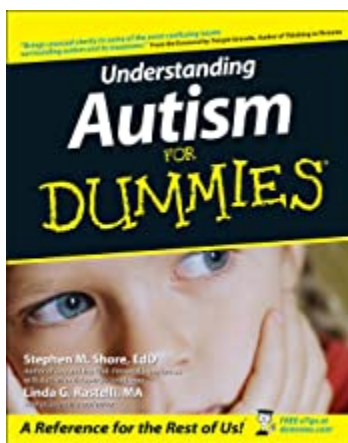


[The Whole Brain Child](#) [By Daniel J. Siegel, M.D.](#)

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key

strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child’s brain is wired and how it matures. The “upstairs brain,” which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth.

Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

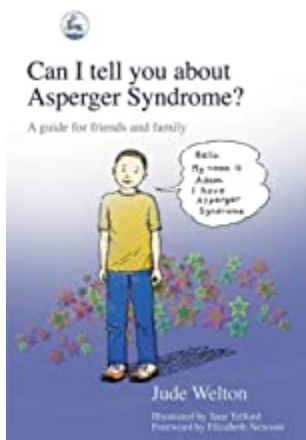


### [Understanding Autism for Dummies By Stephen Shore](#)

Autism affects more than 1 million children and adults in the United States, and parents may be confused by the behavior of autistic children. This book provides help-and hope-by explaining the differences between various types of autism and delivering the lowdown on behavioral, educational, medical, other interventions. Featuring inspiring autism success stories as well as a list of organizations where people who support those with autism can go for additional help, it offers practical advice on how to educate children as well as insights on helping people with autism use their strengths to maximize their potential in life.

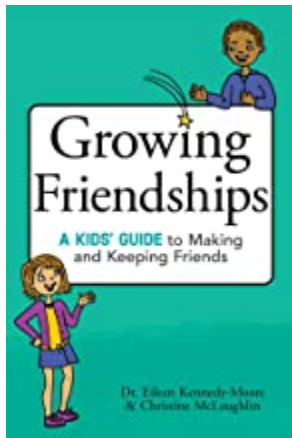
Stephen Shore, EdD (Brookline MA), serves on the board for several autism spectrum-related organizations and he has written *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome* (1-931282-00-5) and edited *Ask and Tell: Self Advocacy and Disclosure For People on the Autism Spectrum* (1-931282-58-7).

Linda G. Rastelli (Middletown, NJ) is a veteran journalist who specializes in health and business. Temple Grandin, PhD (Fort Collins, CO) is the author of the bestselling *Thinking in Pictures* (0-679-77289-8) and *Emergence: Labeled Autistic* (0-446-67182-7).



### [Can I tell you about Asperger's Syndrome? By Judy Welton](#)

Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. He helps children understand the difficulties faced by a child with AS - he tells them what AS is, what it feels like to have AS and how they can help children with AS by understanding their differences and appreciating their many talents. This illustrated book is ideally suited for boys and girls between 7 and 15 years old and also serves as an excellent starting point for family and classroom discussions.

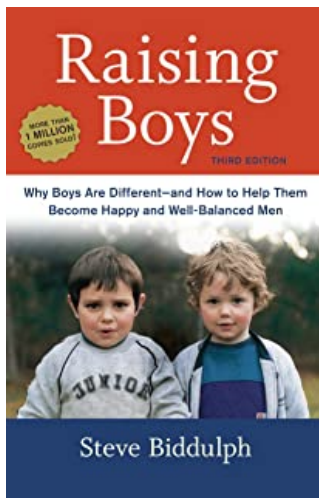


[Growing Friendships. A Kid's Guide to Making and Keeping Friends](#)  
[By Dr Eileen Kennedy-Moore](#)

Friendships aren't always easy for kids. Almost every child struggles socially at some time, in some way. Having an argument with a friend, getting teased, or even trying to find a buddy in a new classroom...although these are typical problems, they can be tough. Children want to fit in, but sometimes getting along with friends is complicated. Psychologist and children's friendship expert Eileen Kennedy-Moore and parenting and health writer Christine McLaughlin give kids the answers they need to make and keep friends using five essential skills:

- Reaching Out to Make Friends
- Stepping Back to Keep Friends
- Blending In to Join Friends
- Speaking Up to Share With Friends
- Letting Go to Accept Friends

With research-based, practical solutions and plenty of true-to-life-examples of social skills in practice—presented in lighthearted humorous cartoons—Growing Friendships is a toolkit for both boys and girls as they make sense of the social environment around them. They will learn how to be open to friendship, choose kind friends, and most important, be a good friend.



[Raising Boys](#) [By Steve Biddulph](#)

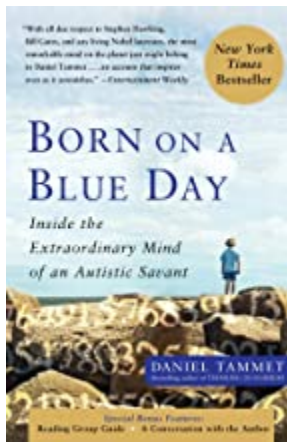
Raising a happy, loving, responsible boy in today's world can be challenging. In this third edition of his international best seller, Steve Biddulph looks at the most important issues in a boy's development from birth to manhood. With gentle humor and proven wisdom backed by decades as a family psychologist and father, he shows parents how to provide the firm, loving guidance that boys need. Updates include information on mitigating the dangerous effects of online pornography, male specific hearing problems, and teen driving on boys. Biddulph also discusses:

- The three stages of boyhood, and how to help them go smoothly.
  - Testosterone! How it changes behavior and what to do about it.
  - How boys' brain development differs from girls'.
  - How to help boys cultivate a caring attitude toward sex.
- The impact of competitive sports on boys, and how to ensure it stays positive.
  - Questions to assist in finding boy-friendly schools.



[Ask and Tell: Self Advocacy and Disclosure for People on the Autism Spectrum](#)  
[By Ruth Elaine Joyner Hane](#)

Advocacy skills must be taught because they are essential to life success. Learn from people with ASD on how to teach these skills! Edited by Stephen Shore, *Ask and Tell: Self-Advocacy and Disclosure for People on the Autism Spectrum* helps people with autism effectively self-advocate in their pursuit of independent, productive, and fulfilling lives. *Ask and Tell* is unique in that it's the first book to speak to the twin issues of self-advocacy and disclosure for people with autism. This book also discusses how advocacy begins in preschool and extends throughout the lifespan with meaningful examples, such as showing how people with autism have great value to society. It is written and illustrated entirely by individuals with ASD, including a preface by Temple Grandin. Overall, successful self-advocacy involves a degree of disclosure about oneself that often carries some degree of risk in an effort to reach the goal of better mutual understanding. *Ask and Tell* offers countless practical ideas and advice adjusted for different personalities and personal preferences, and always backed by the real life experiences.



[Born on a Blue Day, Inside the Extraordinary Mind of an Autistic Savant](#)  
[By Daniel Tammet](#)

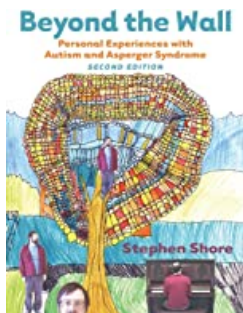
Bestselling author Daniel Tammet (*Thinking in Numbers*) is virtually unique among people who have severe autistic disorders in that he is capable of living a fully independent life and able to explain what is happening inside his head.

He sees numbers as shapes, colors, and textures, and he can perform extraordinary calculations in his head. He can learn to speak new languages fluently, from scratch, in a week. In 2004, he memorized and recited more than 22,000 digits of pi, setting a record. He has savant syndrome, an extremely rare condition that gives him the most unimaginable mental powers, much like those portrayed by Dustin Hoffman in the film *Rain Man*.

Fascinating and inspiring, *Born on a Blue Day* explores what it's like to be special and gives us an insight into what makes us all human—our minds.

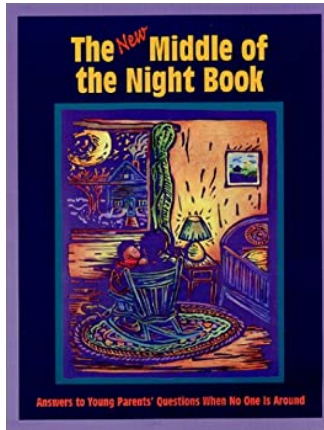


[A Family Guide to Transition Services in Massachusetts](#)



[Beyond the Wall](#) [By Stephen Shore](#)

This second edition of Beyond The Wall is an autobiographical account that gives a rare, detailed and warm insight into the life of someone with Asperger Syndrome. Shore relates his personal and professional experiences in a simple and open manner, creating an informative, user-friendly text that sheds new light on the trials and tribulations of those with Asperger Syndrome. Shore does not only give his personal view within this book, but also gives family events and background, whilst connecting his own experiences to recent research, making it of equal interest to both individuals and professionals.



[The Middle of the Night Book: Answers to young Parents Questions](#)  
[By Anne Walker Smalley](#)