



# Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years

*Shana Nichols*

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'This book is not only reassuring; it is inspiring, and bursting with ideas and achievable strategies. The authors write with authority and conviction, and tackle even the most difficult and delicate of topics. If ever you needed to be convinced that girls with ASD can overcome the difficulties and challenges of puberty and adolescence, have successful friendships and relationships and enjoy a healthy sexuality, then take the time to read this book - it is a must-have for families, teachers and therapists alike.'

-Sarah Attwood, author of *Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome*

Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and 'fitting in'.

Taking a good look at these adolescent issues, and many more, within the context of specific areas of difficulty for girls with ASDs, the authors provide families with the knowledge and advice they need to help their daughters - and the whole family - through the teenage years. This book addresses core issues such as cognition, communication, behavior, sensory sensitivities, and social difficulties; it gives candid and realistic advice on a wide range of important teenage topics.

Providing professional perspectives alongside personal experiences from mothers, daughters and educators, this is a unique and indispensable guide for families and their daughters with ASDs, as well as the teachers and professionals who work with them.

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