

Girls are different!

Girls Under the Umbrella of Autism Spectrum Disorders

Practical Solutions for Addressing Everyday Challenges

Lori Ernsperger, Ph.D., and Danielle Wendel

Co-authored by an experienced professional and a mother of a young girl on the autism spectrum, this much-awaited book combines the best of both worlds as it gives a voice to girls under the umbrella of autism spectrum disorders. The authors provide insightful first-hand accounts of girls' lives along with research-based strategies and practical techniques for addressing the unique needs of girls on the spectrum while nurturing and developing their gifts and talents.

Throughout each chapter, you will find descriptions of interventions and strategies designed to improve specific behaviors at home, at school, and in the community. Throughout, the emphasis is on what sets girls apart from boys on the spectrum in an effort to ensure that their unique needs are met and their special talents are fostered and nurtured.

- **Chapter 1** defines the characteristics of girls with ASD and covers the early first signs, the diagnosis, and treatment strategies.
- **Chapter 2** focuses on early childhood issues and behavioral concerns.
- **Chapter 3** covers the school-age years (6-11 years) and reviews school placement decisions, therapy options, and social skill development for girls.
- **Chapter 4** targets adolescence and early adulthood (12-18 years).
- **Chapter 5** summarizes the authors' findings based on extensive interviews, a review of the literature, and their personal and professional experience.

The extensive coverage of girls from early childhood through adolescence and early adulthood gives parents and educators access to a wealth of information. The addition of personal vignettes by families and girls living with ASD makes this both a heartfelt and a very practical resource.

About the Author

LORI ERNSPERGER, Ph.D., is an expert in the field of autism and behavioral disorders with over 22 years' experience working in the public schools as a classroom teacher, administrator, and behavioral consultant. She owns and operates Autism and Behavioral Consulting, an agency that works with school district personnel and families to provide effective educational programs and best practice strategies for students with autism and behavioral disorders. Dr. Ernsperger has authored two books, *Keys to Success for Teaching Students with Autism* and *Just Take a Bite: Easy Effective Answers to Food Aversions and Eating Challenges*.

DANIELLE WENDEL is the mother of 11-year-old Mattie, who has Asperger Syndrome, and an 8-year-old son, Nicholas. Danielle is the co-founder of The Asperger's Syndrome/High Functioning Autism Support Group created to provide support and information to parents and professionals of school-aged children through young adults with ASD. She is a member of the Autism Coalition of Nevada, which supports legislation and public awareness for individuals with ASD. Danielle also presents on Asperger Syndrome to local universities and public school district staff.



The cover of *Girls Under the Umbrella* was created by Amanda LaMunyon. She is 11 years old with ASD

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