

Reading Aloud with Children who have Autism Spectrum Disorder (ASD)

Reading aloud with loved ones is part of a happy childhood and helps your child develop and learn. A child with Autism Spectrum Disorder (ASD) may have trouble looking at you or at pictures in a book, or may not understand every word. But your child will enjoy cuddling with you and sharing a book, even for a short time. Reading can help in situations where a child does not like certain textures and activities, or has trouble getting along with other kids. Your child's teacher or therapist can show you how. Over time, reading aloud can also strengthen speech and language skills, by making reading fun. It's a way to give your child a gift that will last a lifetime—a love of books.

READING TIPS FOR YOUR Toddler

- **Read together when your child is relaxed and paying attention**, such as before bedtime.
- **Read books that have photos and drawings of faces.** These can help your child recognize feelings.
- **Read the same story many times.** Children enjoy the repetition and it helps them learn language.
- **Point to pictures and talk about them.** "Look at the silly monkey!" You can also ask your child to point at certain things. "Where's the cat?"
- **Find books that repeat words many times.** Books with rhymes are also good.
- **Softly clap your hands and help your child clap along to the rhythm of the words.**
- **Try books with buttons that make a sound when pushed.** Many children with ASD enjoy these.

READING TIPS FOR YOUR Preschool or School-Age child

- **Talk with your child about why things happen in the story.** "Why do you think the monkey stole the key?"
- **Read during the times between daily activities**, such as after school or before dinner.
- **Ask about letter sounds.** "What sound does a snake make?" As your child grows, ask harder questions. "What sound does 'ball' start with?"
- **Play sound games.** List words that rhyme ("ball", "tall") or start with the same sound ("mommy", "mix").
- **Help your child draw pictures of the story.** This helps the child learn to read and write at the same time.



TODDLER SUGGESTED BOOKS

Babies (also Feelings or Babies on the Move)

by Susan Canizares

Global Babies

by Mara Ajmera

Smile!

by Roberta Grobel Intrater

Lots of Feelings

by Shelley Rotner

PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

The Feelings Book

by Todd Parr

My Many Colored Days

By Dr. Seuss

Llama, Llama Mad at Mama

By Anna Dewdney

Books by Simms Taback such as *There Was an Old Lady Who Swallowed a Fly* and *This is the House that Jack Built*

Lyle Lyle Crocodile

by Bernard Waber



RESOURCES

BOOKS FOR OLDER CHILDREN

My Friend Has Autism (Ages 5–10)
by Amanda Tourville (2010)

My Brother Charlie (Ages 4–8)
by Holly Robinson Peete and Ryan Elizabeth Peete (2010)

Autism and Me (Ages 5–12)
by Ouisie Shapiro (2009)

Ian's Walk (Ages 4–8)
by Laurie Lears and Karen Ritz (1998)

I See Things Differently: A First Look at Autism (Ages 4–7)
by Pat Thomas (2014)

Andy and his Yellow Frisbee (Ages 5–10)
by Mary Thompson (1996)

BOOKS FOR PARENTS

The New Social Story Book
by Carol Gray (2015)

Essential First Steps for Parents of Children with Autism: Helping the Littlest Learners
by Lara Delmolino and Sandra L. Harris (2013)

*Autism Intervention Every Day!:
Embedding Activities in Daily Routines for Young Children and Their Families*
by Merle Crawford and Barbara Weber (2016)

Getting from Me to We: How to Help Young Children Fit in and Make Friends
by Shonna L. Tuck (2015)

Ten Things Every Child with Autism Wishes You Knew
by Ellen Notbohm (2012)

Autism Spectrum Disorders: What Every Parent Needs to Know
by Alan I. Rosenblatt and Paul S. Carbone (2012)

A Parents' ABC of the Autism Spectrum
by Stephen Heydt (2016)

An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn
Sally Rogers, Geraldine Dawson, and Laurie A. Vismamra (2012)

A Picture's Worth: PECS and Other Visual Communication Strategies in Autism, Second Edition
by Andy Bondy and Lori Frost (2011)

ORGANIZATIONS Additional web resources are available at reachoutandread.org/ddresources

Autism Society of America
autism-society.org

Autism Speaks - First 100 Days Toolkit
autismspeaks.org/family-services/tool-kits/100-day-kit

Centers for Disease Control and Prevention - Autism Spectrum Disorder
cdc.gov/ncbddd/autism/index.html

Easter Seals - Autism Services
easterseals.com/our-programs/autism-services/

First Signs
firstsigns.org

National Institute of Neurological Disorders and Stroke Autism Fact Sheet
ninds.nih.gov/Disorders/All-Disorders/Autism-Spectrum-Disorder-Information-Page

Healthy Children from the American Academy of Pediatrics
healthychildren.org

DID YOU KNOW? Smart Ways to Use Media and Technology

- Young children learn more from reading or playing games with family than from using phones, computers, tablets, or watching TV.
- For children under two, the American Academy of Pediatrics (AAP) advises using electronic media only for video phone calls with people who are very familiar to them.
- For older children, the AAP suggests no more than one hour a day of high-quality programs (such as Public Television).
- TV and other visual media are more meaningful when you watch together and ask your child to describe what's happening.
- If it's too hard to limit electronic devices, it may be a good idea to remove them completely.
- Putting away your own phone or tablet when you talk or read with your child can help the moment be more enjoyable for both of you.
- For more information on media and technology use, visit healthychildren.org/english/family-life/media/pages/default.aspx

Reading tips on the opposite side

