



# The ASD Workbook: Understanding Your Autism Spectrum Disorder

*Penny Kershaw*

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## **The ASD Workbook: Understanding Your Autism Spectrum Disorder** Penny Kershaw

A diagnosis of an Autism Spectrum Disorder (ASD) can be confusing and overwhelming for all involved. This easy-to-use and interactive workbook has been created to help parents explain ASD to children and provide support to them following their diagnosis. The parent is invited to work through each chapter with their child as they grow up to help them understand how the ASD affects each area of their life, from making friends to problem-solving to planning a career. The information and advice is presented in a clear and positive way to help both parent and child understand more about what the diagnosis means for them. Over the years a record of development will be created for parent and child to look back on together. This workbook will be an essential resource for parents and carers looking for guidance on how to explain ASD to a newly-diagnosed child.

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#### **Jared Carter:**

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