

GIRLS GROWING UP  
ON THE  
**AUTISM  
SPECTRUM**

What Parents and Professionals Should Know  
About the Pre-Teen and Teenage Years



SHANA NICHOLS WITH GINA MARIE MORAVCIK  
AND SAMARA PULVER TETENBAUM  
Foreword by Liane Holliday Willey

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

*Shana Nichols*

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

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".

1000Guide on what to expect and how to help girls on the spectrum as they grow up0600The authors unflinchingly address the most challenging issues of girls and puberty with grace and matter-of-fact discussions of pelvic exams, periods, eating disorders, healthy sexuality, and self-perception. The discussions range from choosing undergarments to the difference in boys' and girls' aggression in adolescence. Full of hints from other parents, research results, and suggestions from professionals, this book is an essential guide to adolescence for parents of girls on the spectrum (and it's also great for parents of boys!).the Spectrum, The Newsletter of The Autism Society of North Carolina, US0600This book provides a valuable insight into the concerns commonly faced by girls with Autism Spectrum Disorders (ASDs), and their parents. It offers advice and coping strategies on a host of areas, including approaching adolescence, navigating puberty, self-perception and self-confidence, understanding friendships, looking at healthy sexuality, promoting personal safety and many more...The book has a warm and engaging reading style, and the may case studies of experiences from families, daughters and educators provide brave testimonies and excellent recommendations for support; a useful reference list is also provided. This book is a must have read for those interested in helping females on the autistic spectrum.Youth in Mind0600It gives me great pleasure to introduce ASQ readers to this terrific book!...Girls Growing Up on the Autism Spectrum is an A+ read!Liane Holliday Willey, EdD, Autism Spectrum Quarterly0600This 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 Syndrome0600The authors tackle an important and sensitive issue for young people with ASC. The information presented is based in research and presented clearly in a most usable format. I would not hesitate to recommend this book to young people (it might even help a few boys!) with ASC and their parents.E. Veronica Bliss, psychologist and Director of Missing Link Support Services, Ltd0600Shana Nichols, Gina Marie Moravcik, and Samara Pulver Tetenbaum provide solid, specific advice on teen issues - social life, changing bodies, friendships, diet and nutrition, self-reliance, anxiety, and more. This is an excellent beginning, with resources listed (books, articles, Web sites, blogs) in every chapter and short case studies that break up the text throughout. The authors tackle the bigger issues of socialization and friendships, plus the nitty-gritty of raising an adolescent girl - periods, ob-gyn exams, weight, privacy, and hygiene.ForeWord0600There's really only one way to say this: If you have a daughter anywhere on the autism spectrum, or even with unexplainable quirky behaviour, this book is a must. While there are hundreds of good books about autism, girls have their own unique issues when it comes to this puzzling disorder. Dr. Nichols' book is a standout. Addressing girls on their own, and in such an insightful, scholarly and reader-friendly way, what 'Girls...' has done is invaluable. You'll be shocked at

how easy it is to have a girl on the spectrum misdiagnosed or not therapeutically treated correctly, but you're not left on your own. Nichols provides great counsel. 'Girls...' offers not only important information about the child, but it also provides necessary strategies for parents (and medical professionals) to help improve the child's life, and not a single subject goes untouched. The teen years are tough enough for any girl, but for one who has spectrum challenges, it can be devastating. Nichols, the clinical director of the Fay J. Lindner Center for Autism and Developmental Disorders, provides expert advice that is practical and necessary, on topics ranging from cognitive concerns and everyday behaviours to sexuality and just fitting in, which for a teenaged girl can be the most important issue of all--on the spectrum or not. Nichols draws from many wells here - vast research, conversations and interviews with parents, teachers and medical experts, and most importantly, these young girls. This is one of those hallelujah books for which parents search high and low. Long Island Press 0600 Rather than constructing a "how-to" book, in which pre-planned lessons have been created focusing on puberty or sexuality issues, the authors provide a broad conceptual treatment of the relevant sociological and cultural issues. That is, not only do they address the social, communication, and behavioural vulnerabilities that these girls may display, but they place these vulnerabilities in the context of a girl's social world. From this vantage point, the authors describe concrete steps and processes which may be useful for working with girls on the spectrum to help them cope with the issues they confront as they mature... This volume continually reminds the reader to think about the challenges typically developing girls and young women face throughout the pre-teen and teenage years as the context for their understanding of a girl with an ASD. Journal of Autism and Developmental Disorders 0200 This book covers the concerns faced by girls with ASDs and their parents, from periods and puberty to friendships and "fitting in". Looking at these issues 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 the whole family through the teenage years. 0400 Foreword. Acknowledgements. Author's Notes. 1. What Do We Currently Know About Girls and Women with Autism Spectrum Disorders? 2. Approaching Adolescence: Anticipation, Anxiety, Adaptation and Acceptance? 3. Puberty or 'Do My Parents Know You're Here?' 4. The Red Spot: Periods, Pads and Pelvic Exams. 5. Feeling Good Inside and Out: Self-perception and Self-confidence. 6. The Social Landscape of Adolescence: Friendships and Social Status. 7. Healthy Sexuality for Girls with ASDs. 8. Keeping Girls Safe: Promoting Personal Safety in the Real World. 9. Our Journey: A Mother and her Daughter with Asperger's Syndrome. Conclusion: Embracing Change. References. Index. 01000301 <http://www.biblioimages.com/jkp/getim...>

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

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# **From Reader Review Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years for online ebook**

## **Jennifer says**

If you work with any female clients, this is a MUST read for professionals.

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## **Tigress says**

This was a LONG read...more medical than anything else, in terms of who it is addressing. I understood it, but it drudged along. I guess I was looking for something more direct and not as medically in-depth as this was. I highlighted a lot, and it'll be good for referencing. However, I am wanting something that would give me more of a personal perspective of what my daughter is potentially experiencing...how to understand her better, and help her learn ways to adapt and cope with the different challenges associated with this syndrome. As far as the technical stuff..this is good. As far as how to help in social interactions, personal hygiene, school,etc...this is not the book for me.

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## **Stephanie says**

Great information, but this book was depressing and quite scary. I understand the author is trying to give a realistic picture, but I had difficulty sleeping after reading this book. A good informative read, but not an enjoyable one.

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## **Suzi says**

I received this book as a Goodreads Firstread book.

I am an adult who is neither a parent, nor a professional who deals with children. However, some medical professionals have suggested that I be evaluated to see if I have some form of high functioning autism. After reading this book, I believe that I do need to be evaluated, because many of the behaviours described in this book fit my early years. My mother had no formal training in how to deal with these behaviours, because in the 1950s and 1960s, there was no such thing. However, my mother did manage to treat me successfully with many of the strategies used in this book. I am forever grateful.

I would strongly recommend this book to parents of ASD females in particular, and for medical and behaviour therapists to have available as well.

Congratulations to the authors for a clear, helpful work regarding girls with autism.

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### **Melody says**

Really helpful book, but I wished that it had delved a little deeper. Sometimes I feel authors try to hide their ideology. It does no one any good. Still, helped me to grasp what the young women with autism in my life are going through.

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### **Bridgett says**

Good explanations of situations that may come up for autistic girls and ways of handling problems.

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### **Suzanne (suz&mark) says**

A lot of this doesn't apply right now so I just sort of skimmed it. The stuff I did read was pretty depressing

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### **Chris says**

I skim-read this not as a parent, but as an adult with an ASD looking for better understanding. I do think this would be an excellent resource for parents - it's very well-researched and practical.

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### **Elizabeth Desole says**

I highly recommend this book to anyone who regularly deals with girls on the spectrum. It was incredibly thorough. The resource list was excellent (at the end of every chapter) and the practical suggestions were wonderful as well. I can't praise this book enough

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### **Pam Richmond says**

Lots of first-person accounts. Very readable, for family and care-givers, as well as for people on the spectrum themselves.

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### **Michael Brockley says**

This book could serve as a serviceable blueprint for parenting a daughter with an autism spectrum disorder.

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### **Paula says**

This book is a necessity for anyone who knows of, loves or in anyway has contact with emerging young women on the spectrum! Great insight, frank topics and easily accessible content make this emotionally reassuring and in some cases a guide for practical application.

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### **Preeti0203 says**

Awesome resource for parents (and their daughters with ASD)! Also an awesome resource for professionals working with girls with ASD.

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### **Susan says**

The authors discuss many aspects of growing up, from puberty to bullying. While the subject can be scary for parents, and some of the items shared by the authors (39 - 83% of females with developmental disabilities will be sexually abused) are horrifying, this is important information for parents to have. The book gives practical insight in to how to help your daughter develop to the best of her ability.

Another thing to realize is that ASD is very individualized and the authors are talking about girls on all realms of the spectrum. They do a good job of showing what you might expect depending on where your daughter falls in relation to various traits. While not an easy or fun read, I feel better about what I need to be doing as my daughter grows up.

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### **Juliana says**

This book had multiple authors and it read like it.

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