



Booklist: Helping Siblings Understand Autism

Looking for the right way to help your child understand their autistic sibling? These recommended books are great for reading together and starting gentle conversations.

- ***My Brother Charlie*** by Holly Robinson Peete and Ryan Elizabeth Peete. A heartwarming story about a girl who loves her twin brother, Charlie, who has autism. (ages 6 - 10)
- ***All My Stripes*** by Shaina Rudolph & Danielle Royer. A young zebra with autism learns that his unique traits are something to celebrate. (ages 5 - 9)
- ***Amazing Me, Amazing You*** by Christine McGuinness. Bright and affirming, this book explores what makes each of us special. (ages 3- 6)
- ***My Brother is Autistic*** by Jennifer Moore-Mallinos. Prompts thoughtful questions and conversations. (ages 4 - 7)
- ***The Superhero Heart: Explaining autism to family and friends*** by Christel Land. Written by a mother in an attempt to explain to her son the traits of his autistic brother that later turned into a book. This book is part of a series that's worth checking out. (All ages)
- ***All Cats Are on the Autism Spectrum*** by Kathy Hoopmann. Funny, touching and great for explaining traits in an accessible way. (ages 8+)
- ***Rules*** by Cynthia Lord. A sister shares what it's like living with a brother who has autism and how it shapes her friendships. (ages 9 - 12)



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- ***Different Like Me*** by Jennifer Elder. A boy with Asperger's introduces the strengths and successes of his autism heroes. (ages 8 - 12)
- ***Inside Asperger's Looking Out*** by Kathy Hoopmann. Explains the world through the eyes of someone with Asperger's. (ages 7+)
- ***Can You See Me?*** by Libby Scott & Rebecca Westcott. A novel co-written by an autistic teen that brings real perspective to growing up autistic. (ages 10+)
- ***The Reason I Jump*** by Naoki Higashida. A powerful first-person account of autism by a 13-year-old nonverbal boy. (ages 12+)
- ***The Awesome Autistic Go-To Guide*** by Yenn Purkis & Tanya Masterman. A practical and uplifting book for teens wanting to understand autism in themselves or others. (ages 10 - 14)
- ***Thinking in Pictures*** by Dr Temple Grandin. The iconic voice of Dr Grandin shares how she sees the world through images. (highschool ages & up)
- ***Different, Not Less*** by Chloe Hayden. Australian activist Chloe Hayden shares her journey as an autistic teen. (ages 18+)

Need more support? Our child psychologists at Skyline Psychology are here to help families across Sydney's Northern Beaches.

www.skylinepsychology.com.au / (02) 7226 5626