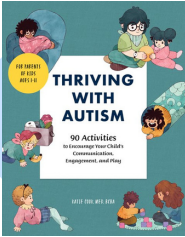


THE ANNE FREITAG LIBRARY

Recommended Reading

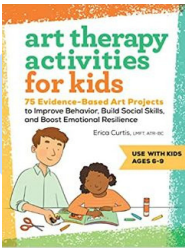
REGULATION SUPPORT

For Children With Autism



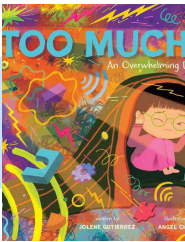
THRIVING WITH AUTISM: 90 ACTIVITIES TO ENCOURAGE YOUR CHILD'S COMMUNICATION, ENGAGEMENT, AND PLAY BY KATIE COOK

To help you in your efforts to help your child flourish, this book has 90 playful, evidence-based activities. Thriving with Autism provides an easy, effective toolbox to supplement and support the developmental work parents and caregivers are doing with their children.



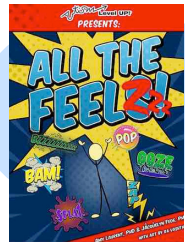
ART THERAPY ACTIVITIES FOR KIDS: 75 EVIDENCE-BASED ART PROJECTS TO IMPROVED BEHAVIOR, BUILD SOCIAL SKILLS, AND BOOST EMOTIONAL RESILIENCE BY ERICA CURTIS

Making art is a great way for kids to sort through their emotions and learn how to solve problems in creative ways. This book is filled with art therapy activities to try.



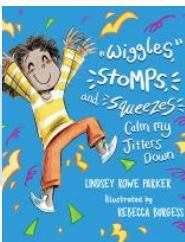
TOO MUCH!: AN OVERWHELMING DAY BY JOLENE GUTIÉRREZ

Writing from her own experience with sensory processing disorder, Jolene Gutiérrez's compassionate picture book explores the struggles of a sensorily sensitive child and how they settle themselves.



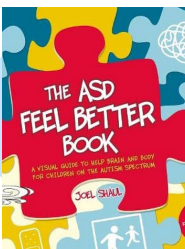
ALL THE FEELZZZ BY AMY LAURENT AND JACQUELINE FEDE

An alternative way for individuals communicate "pain, discomfort, perceived difference" in their body.



WIGGLES, STOMPS, AND SQUEEZES CALM MY JITTERS DOWN BY LINDSEY ROWE PARKER

The vibration in her feet when she runs, the tap of her fork on the table, the trickle of cool water running over her hands -- these are the things that calm her jitters down.



THE ASD FEEL BETTER BOOK: A VISUAL GUIDE TO HELP BRAIN AND BODY FOR CHILDREN ON THE AUTISM SPECTRUM BY JOEL SHAUL

Designed to help children on the autism spectrum develop insight into what can upset them and make them feel bad, this book uses simple words, pictures and icons to increase awareness of how to feel good again.

2600 Denali Street, Suite 200 Anchorage, AK 99501

907-343-1301 | cagni@sesa.org | sesa.org/library