



# Caring for Myself: A Social Skills Storybook

*Christy Gast, Jane Krug*

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## **Caring for Myself: A Social Skills Storybook** Christy Gast, Jane Krug

For a child with an autism spectrum disorder (ASD), even everyday activities like brushing your teeth, washing your hands or visiting the doctor can cause anxiety and stress because of the sensory, cognitive and communication impairments they experience. "Caring for Myself" is an entertaining and educational social skills storybook that will help children with ASDs to understand importance of taking care of their bodies. Fully illustrated with colour photographs, it sets out fun, simple steps that explain what caring for yourself actually involves - how you can do it, where it is done why it is important. At the end of each story is a handy 'Pause for thought' page for parents which offers tips and strategies to help a child with each activity. This charming book will be much loved by children with ASD and will enable them and their parents to cope with the daily activities that can be such a challenge. Parents and caregivers of children aged 3+, particularly those with autism spectrum disorders, sensory, behavioural or social communication issues such as Autism and Asperger's Syndrome.

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