

NEW

AUTISM

DIAGNOSIS?

**COMMON DEFINITIONS FOR
YOUR CONVENIENCE.**

Emma Fisher
ASD BOOKS



Welcome, I'm happy you are here!

Welcome to the neurodiverse world, where **every individual has a unique vibrancy of strengths, challenges, and perspectives.** I understand that exploring a new diagnosis or seeking information about various diagnoses can be an emotional and overwhelming terrain. It's normal to feel a mix of emotions, such as uncertainty, fear, or even relief in finally having answers and accessing the right tools.

Please know that **you are not alone on this journey.** I aim to provide you with helpful resources, guidance, and support as you cultivate understanding and growth in the world of neurodiversity. I am here to celebrate differences, promote understanding, and empower individuals to thrive in their unique ways.

Remember, a diagnosis is just **one piece of a much larger puzzle** that makes up a person's identity. It does not define who they are or limit their potential for growth and success. Just as gardeners adapt to the needs of different plants, we too can foster an environment that embraces the diverse needs of all individuals.

While I strive to provide useful information, please keep in mind that this content is for informational and entertainment purposes only. If you have specific questions or concerns about your child, it is essential to seek the professional opinion of your GP or a qualified healthcare provider.

Ruby, 8, who has Autism, ADHD, GDD and learning disabilities with my first printed book, reading it before we get out of the car at school.



I am here to offer you valuable perspectives and resources that I have discovered on my journey. By sharing these insights, I hope to support and encourage you as you navigate the landscape of neurodiversity and help your journey flourish.

COMMONLY USED WORDS AROUND AUTISM

Global Developmental Delay is a condition in which children experience significant delays in multiple areas of development, often noticeable before age five, requiring early intervention.

Neurodivergent: Describes individuals whose brain functions differently than what is considered "typical."

Neurotypical: Describes individuals whose brain functions in a way that is considered "typical" or "normal."

Autism Spectrum Disorder (ASD): A developmental disorder that affects communication, social interaction, and behavior.

Social Stories: Narratives that describe social situations and teach appropriate responses.

Check-in Charts: Visual tools used to monitor and support emotional well-being.

Stimming: Repetitive behaviors or movements that can help individuals with autism regulate their emotions.

Special Interests: Intense interests or fixations common among individuals with autism.

Sensory Processing Differences: Atypical responses to sensory input, which may be more or less sensitive than expected.

OTHER WORDS USED IN THE COMMUNITY

Attention Deficit Hyperactivity Disorder (ADHD): A neurodevelopmental disorder affecting attention, concentration, and impulse control.

Auditory Processing Disorder (APD): A condition that affects the brain's ability to interpret and process sounds, making it difficult to understand speech and other auditory information.

Dyslexia: A learning disorder that affects reading, writing, and spelling abilities due to difficulties in processing language.

Dysgraphia: A learning disorder that affects writing abilities, including handwriting, spelling, and organizing thoughts on paper.

Dyscalculia: A learning disorder that affects math abilities, such as understanding numbers and manipulating mathematical concepts.

Sensory Processing Disorder (SPD): A neurological disorder that affects how the brain processes information from the senses, causing difficulties with regulation, attention, and behavior.

Oppositional Defiant Disorder (ODD): A behavioral disorder characterized by uncooperative, defiant, and hostile behavior towards authority figures.

OTHER WORDS USED IN THE COMMUNITY

Tic Disorders: Neurodevelopmental disorders characterized by sudden, repetitive movements, gestures, or utterances that interrupt normal activities.

Developmental Coordination Disorder (DCD): A motor skills disorder affecting the development of coordination and motor abilities, making everyday tasks difficult.

Anxiety Disorders: A group of mental health disorders characterized by excessive worry, fear, and uneasiness that can interfere with daily functioning.

Obsessive-Compulsive Disorder (OCD): A mental health disorder characterized by obsessions (recurrent, unwanted thoughts) and compulsions (repetitive behaviors) that cause significant distress.

Cerebral Palsy (CP): A group of disorders that affect movement, muscle tone, and posture due to damage to the developing brain. It can result in muscle weakness, stiffness, or difficulty controlling movements.

Hypotonia (Low Muscle Tone): A condition characterized by reduced muscle strength and tone, which can lead to floppiness, difficulty maintaining posture, and delayed motor development.

OTHER WORDS USED IN THE COMMUNITY

Hypertonia (High Muscle Tone): A condition characterized by increased muscle tone, which can cause stiffness, difficulty moving, and muscle spasms.

Hypermobility: A condition characterized by joints that can move beyond the normal range of motion, often leading to joint pain, dislocations, and instability.

Spasticity: A condition in which muscles are continuously contracted, causing stiffness, tightness, and difficulty with movement.

Dystonia: A movement disorder characterized by sustained or repetitive muscle contractions that cause abnormal postures or twisting movements.

Contractures: A condition in which muscles, tendons, or ligaments become shortened and hardened, resulting in permanent joint deformities and restricted movement.

Meltdown: An intense emotional response to an overwhelming situation, often seen in individuals with autism.

Emotional Regulation: The ability to manage and respond to emotions in an adaptive way.

WAYS TO SUPPORT CHILDREN WITH NEURODIVERSE CONDITIONS

Therapies: Occupational therapy, speech therapy, physical therapy, and behavioral therapy can help children develop essential skills and overcome challenges.

Social Stories: Stories that describe social situations and appropriate behaviors can help children better understand and navigate different scenarios.

Check out ASD Books for social stories

Visual Schedules: Using pictures or symbols to represent daily activities can help children predict and understand their routines, reducing anxiety and promoting independence.

View it HERE

Sensory Activities: Engaging in sensory-based activities can help children regulate their emotions and improve focus, such as playing with sensory bins or using weighted blankets.

Specialized Courses: Courses like "Embracing Autism: A Journey of Empathy, Communication, and Understanding" can provide valuable insights and strategies for supporting children with neurodiverse conditions.

WAYS TO SUPPORT CHILDREN WITH NEURODIVERSE CONDITIONS

Social Skills Groups: Participating in social skills groups can help children practice and develop essential skills for building friendships and interacting with others.

Using tools: things like flashcards to help develop your child's expressions, emotions etc.

**[View the BEST emotional awareness
FLASHCARDS here](#)**

Inclusive Education: Enrolling children in inclusive schools and programs can help foster understanding and acceptance among peers while providing tailored support for individual needs.

By exploring and implementing these various strategies, you can create a supportive environment that fosters growth, understanding, and acceptance for children with neurodiverse conditions.

Hello, I'm Emma, a creative children's Christian writer, an inclusive learning advocate, and an autism mindset advocate. My journey in the world of autism and special needs has been shaped by a unique blend of professional experiences and personal encounters.



Who am I?

On a personal level, my journey as a mother of five has further deepened my commitment to advocating for autism awareness and acceptance. Witnessing my own children's challenges and triumphs has given me invaluable insights into the world of parenting a child with special needs. This has strengthened my resolve to create resources that support and empower families on similar journeys.



Matthew 3 (CP. Hypertonia), Grace 5, Lilly 14 (neurodiverse), Ruby 8 (Autism, ADHD, Hypertonia, GDD, learning disabilities) & Faith 0.

Professionally, I have had the privilege of working with children on the autism spectrum, both as an educator and a therapist. In these roles, I have witnessed firsthand the challenges that children with autism face in navigating a world that doesn't always accommodate their unique needs. This experience has fueled my passion for creating inclusive learning materials that cater to diverse learning styles.



My love for writing has inspired me to create engaging and educational stories that resonate with children and their families. I believe that a good story has the power to foster empathy, understanding, and acceptance of differences.

Combining my passion for writing, my professional expertise, and my personal experiences, I am proud to present a series of books designed specifically for children with autism. These books aim to foster a positive mindset and celebrate the unique strengths of individuals on the spectrum while promoting a message of inclusion and empathy.

Whats Next?

Embrace the journey of autism with our transformative course designed specifically for new travelers. Dive into a world of empathy, communication, and understanding, as we equip you with valuable insights and practical strategies to support children on the autism spectrum.

Our course covers essential topics such as fostering social connections, emotional regulation, and embracing unique strengths. Cultivate a positive mindset and learn from experienced professionals to create a thriving environment for children with autism.

Sign up for our email list and gain exclusive access to resources, updates, and inspirational stories that celebrate neurodiversity. As a member, you'll have the opportunity to enroll in our comprehensive course, connecting with like-minded individuals on a shared journey to empower children with autism. Don't miss this chance to make a difference in the lives of children and families – join us today!

[Join Our NEWSLETTER here](#)

[Check out the ASD Books Website](#)

Consider joining “Not-just-another Autism Course” today – email info@asdbooks.com for more info!