

Party Planning for Children and Teens on the Autism Spectrum: How to Avoid Meltdowns and Have Fun!

Kate E. Reynolds



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Parties and celebrations can be highly challenging for children and teens on the autism spectrum and they can often feel reluctant to participate. This book shows that if parties embrace the differences intrinsic to autism, and are planned carefully, they can be inclusive events enjoyed by all. Drawing on personal experience with her son, the author highlights aspects of conventional parties that can heighten the anxieties of those on the spectrum and outlines practical solutions to these issues. The books cover considerations for party invitations, prizes, food and venues and includes chapters suggesting activities for age groups 2-8, 9-12 and teenagers. This book will empower parents and caregivers to plan stress-free parties with ease, enabling those on the autism spectrum to develop social skills and self-confidence - and most importantly, have fun!

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