



# Coach Yourself Through the Autism Spectrum

*Ruth Knott-Schroeder*

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## **Coach Yourself Through the Autism Spectrum** Ruth Knott-Schroeder

Parenting a child with autism can be isolating, draining, and stressful. Parenting a neurotypical child alongside them is even more complicated and confusing.

Coach Yourself through the Autism Spectrum offers an opportunity to access your inner creativity, resourcefulness, strengths, and abilities in order to create positive change in your family. Short sections on common problems such as visits to the doctor, community outings, bullying and child care make this book easy to read from start to finish, or dip into as needed. There are tips for taking care of your own physical and emotional health, and each section features relevant examples from other families in the same situation, and practical and thought-provoking coaching exercises to help you decide on an action plan that's right for you.

This book offers hope and support for anyone parenting or caring for a child on the autism spectrum.

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