

# Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders: A Fun Curriculum with a Focus on Social Understanding

Kelly J. Mahler

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This innovative curriculum, recipient of the Mom's Choice Awards Gold Medal, teaches important hygiene skills and associated social understanding using a fun approach that targets the core characteristics and learning styles of children and adolescents on the autism spectrum. The author's generous use of structure, predictability, self-monitoring, and ways to convey and check for social understanding is worked into all discussion and activities. Ranging from basic daily hygiene to picking, using public restrooms, topics focus on healthy and socially acceptable behaviors. The book is the answer to the constant search for inventive and intriguing ways to teach often quite boring topics surrounding functional life skills. Lesson plans are well conceptualized and organized, showing that the author knows what makes children and adolescents with Asperger Syndrome and related disorders tic.



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