



# Parenting a Teen or Young Adult with Asperger Syndrome (Autism Spectrum Disorder): 325 Ideas, Insights, Tips and Strategies

*Brenda Boyd*

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325 astute and practical ideas, insights, tips and strategies address the complex issues parents face during this crucial period of transition for their child with Asperger Syndrome (Autism Spectrum Disorder). The practical, bite-size suggestions focus on the vital importance of developing and nurturing an open and healthy relationship with your son or daughter. The easy-to-navigate format will suit busy parents wanting to locate advice to suit their particular needs. All the suggestions are designed to foster understanding and acceptance between family members and help the AS young person with common problem areas such as social vulnerability and peer relationships, self-esteem, anxiety and coping with change.

This will be an invaluable companion for parents, carers and family members of an adolescent or young adult with AS.

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