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Hartman's "The little book of autism FAQs" (book review)

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Book Reviews



Hartman, D. (2020). *The little book of autism FAQs*. London: Jessica Kingsley Publishers. 108 pp. \$15.95. ISBN 9781785924491

As the number of people diagnosed with autism continues to increase each year, so does the need for resources to better understand it. One new book belonging to this genre is *The Little Book of Autism FAQs: How to Talk with Your Child about Their Diagnosis & Other Conversations*. It is written by Davida Hartman, a child psychologist from Ireland, who has previously written a few other books about autism. Although many books exist about autism, what makes Hartman's book unique is that its primary goal is to provide guidance for parents who are wondering if they should tell their child that he or she is autistic. Instead of trying to glean this information from a larger, more general book about autism, parents can quickly read Hartman's book to get right to the point.

For the majority of the book, Hartman argues that parents should tell their child that he or she is autistic, and that the sooner it is done, the better. Hartman effectively inserts quotes from a variety of autistic children and young adults to provide support for her ideas. In addition to providing tips and suggestions on how to best explain autism to a child, Hartman also recommends resources about autism, such as books and videos, that can help make the explaining process easier.

This book is best suited for public libraries or personal use. Although written by a professional in the field, it is not academic in nature, but focuses more on the experiences of the authors' clients, rather than on a bibliography of scholarly sources. Hartman writes in simple English so that any type of parent can easily pick up and read her book. In fact, the easy language and occasional illustrations might make this a helpful book for the middle school or teenage sibling of an autistic child as well. Hartman does an admirable job of addressing a complex topic in an understandable way.

Reviewer

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