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## Dundon's "The parents' guide to managing anxiety in children with autism" (book review)

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# Book Reviews

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Dundon, R. (2020). *The parents' guide to managing anxiety in children with autism*. PA: Jessica Kingsley Publishers. 176 pp. \$24.95. ISBN 9781785926556

With an increased number of children being diagnosed on the autism spectrum, resources that focus on the emotional challenges faced by both child and parent, are always in demand. Anxiety is one of the most common mental illnesses faced by people in the United States, and coupled with autism, it can be debilitating and extremely difficult to cope with. In her new title, *The Parent's Guide to Managing Anxiety in Children with Autism*, Raelene Dundon provides an essential go-to guide for parents, tackling both of these specific challenges. Based in Melbourne Australia, Dundon is a registered psychologist and the Director of the Okey Dokey Childhood Psychology Clinic. She is the author of the "Max and Barnaby" book series and has written two other resource books specifically for children on the autism spectrum. A regular conference speaker, she presents workshops focusing on support strategies for children with special needs.

This parental guide is segmented into three parts, providing practical management strategies and ideas to parents of children with autism. Aside from her vocational experience, Dundon speaks directly from personal experience as she has three children, two of which are on the autism spectrum. Part one describes the nature of anxiety and why children on the autistic spectrum experience anxiety at a much higher rate than the general population. Parents of children with autism often fear public outbursts by their child, so it's important to learn how anxiety presents itself, along with the signs and signals that a child is becoming anxious. Part two is the main thrust of this title, providing tools and suggestions for supportive parenting behaviors, facilitating parents to help their children identify and manage their anxiety. The author addresses different expressions of anxiety along with their root causes, such as specific phobias, separation, reluctance to attempt new things, or difficulty following directions. Part three discusses how to help teachers and caregivers identify anxiety behavior signals, and how to provide support to the child. Throughout the book there are numerous example case studies reflecting the topics of discussion within each chapter. The book concludes with a behavior recording chart, a list of resources, and an extensive bibliography.

*The Parent's Guide to Managing Anxiety in Children with Autism* is a superb book which assists parents and caregivers to interact with children helping them tackle anxiety and worry, therefore allowing them to relax and manage their emotions. With the practical advice and strategic toolkit that Dundon provides, everyone should have this book on their bookshelf. Whether a person interacts or not with children on the autism spectrum, the coping skills for anxiety found within this title will benefit anyone who deals with anxiety on a personal level, or through personal interaction. An essential resource for teachers, caregivers, youth leaders, and parents, it will help anyone who works with children on a daily basis. Dundon's extensive personal experience coupled with her excellent writing skills, serve to provide a highly valuable resource that focuses on the heart of anxiety issues, and how to nurture coping abilities within children on the autism spectrum.

**Reviewer**

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