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Elley and Houghtons' "The Ice-Cream Sundae Guide to Autism: An Interactive Kids' Book for Understanding Autism" (book review)

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Book Reviews



Elley, D., Houghton, T. (2020). *The ice-cream sundae guide to autism: An interactive kids' book for understanding autism*. London: Jessica Kingsley Publishers. 62 pp. \$17.95. 9781787753808.

This book is a picture book that compares autism with an ice-cream sundae. The sundae glass is equated to one's personality, with the three scoops of ice cream representing trouble with words, trouble with being a detective, and straight-line thinking. The spoon is described as helpful people while "extras" like chocolate sauce, a cookie wafer, sprinkles, and the cherry are related to sensory differences, easy-to-see feelings, best bits, and special talents, respectively. There is also a page on melted ice cream (meltdowns). Scattered throughout the book are activities and puzzles.

The concepts are accessible for elementary school students, and the illustrations are well done. The concept of trouble with being a detective (i.e., social skills) could have been labeled a bit more helpfully but overall, the book does a great job of breaking difficult concepts of autism into understandable and fun terms.

Reviewer

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