



# The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults

By Debra Moore Ph.D., Temple Grandin Ph.D.

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Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum needs this essential roadmap to prepare our youth for being successful adults in today's world. Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out the steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories told by people on the autism spectrum, including chapters on subjects such as how to get kids off their computers, how to build on their strengths and get back to caring about their lives, and how to find a path to a successful, meaningful life make this a "MUST-READ BOOK."

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### Editorial Review

#### Review

The loving push is hands down, the best autism book aimed at late teens (through to mid-twenties and sometimes beyond). If you have one of these kids already, this is the book to get.... particularly if they spend "too much time" on the computer and/or in their bedroom. I really can't praise this book enough. - *Life with Aspergers Blog*

This dynamic duo - Dr. Grandin speaking from personal experience and Dr. Moore from a professional perspective of treating individuals with autism spectrum disorders - combine their wealth of knowledge to help parents determine just how much to push their child so they can blossom into adults that thrive. Finding just the right balance between pushing your child to do for self and helping your child too much, is always a challenge but exploring the two hundred ten pages of this book will guide parents to find what works best for their unique child. -*Parent Coaching for Autism website*

Dr. Moore. I have read your book "The Loving Push". I absolutely love it and highly recommend it to anyone who interacts with people on the autism spectrum. Well done!

Karen Thomas,

*Author of Naturally Healing Autism.*

Young adults on the autism spectrum face significant challenges as they transition to adulthood, with many being socially isolated, unemployed, and lacking services. More needs to be done to help them thrive to the best of their abilities and attain a high quality of life.

"The Loving Push" addresses these issues with a direct, yet empathetic and positive discussion of ways we can enhance the potential of "spectrum kids" of any age to achieve productive and meaningful adult lives. The authors convey a critical message that, more than other children and youth, those on the autism spectrum must overcome "learned helplessness" and move beyond their comfort zone in order to reach their full, unique potential. Pushing is necessary," the authors write, "because those on the spectrum are unlikely to automatically pick up the mundane but necessary tasks of daily life without us intentionally nudging them and providing them with information, encouragement, and persistence."

The book begins by sharing 8 inspiring profiles and using real-life stories to illustrate the three essential components of success: "Avoiding Learned Helplessness, Learning Optimism/Resisting Habitual Negative Thinking, and The Critical Impact of Mentors." The section on "Getting Families and Schools to Work Together" is especially important, given that transition planning is a critical part of preparing students for life after high school and producing the best outcomes. Young adults on the spectrum are particularly vulnerable during the initial years in the transition to adulthood when there is a shift in service provision after leaving high school.

The book also addresses the issue of anxiety and depression. The authors discuss evidence-based psychotherapy approaches such as cognitive-behavioral therapy and "mindfulness" techniques to reduce stress, and improve mood. Group support for children, teens, and parents is referenced, as well as important commentary on "Psychotherapy Approaches Not Recommended." Tips and cautions about medication are also discussed.

"The Loving Push" devotes considerable attention to compulsive gaming and how it can turn kids on the

spectrum into "media recluses". Since youth on the spectrum tend to engage in restricted and repetitive behaviors, they are at higher risk for developing addictive game play. Preoccupation with video games and trouble disengaging from them limits the opportunity for learning critical social and problem-solving skills. This Chapter warns parents and educators about the dangers of video games and screen-based media and lists steps they can take to minimize the negative effects of compulsive gaming.

Parents are often surprised to learn that daily living skills are more important than autism symptoms, language or IQ when it comes to employment and life satisfaction. Part III (Preparing Your Child for Adulthood) discusses building blocks for independent living. Explicit teaching of these life skills prior to the transition to adulthood is crucial if we expect kids to have the necessary skills to live independently and negotiate adult life.

"The Loving Push" is a must read guide to preparing spectrum kids for a successful transition to self-reliance and independence in adult life. The book is highly recommended for parents, caregivers, and families, but also for professionals in private practice, schools, colleges/universities, and community settings who work with children, teens, and adults on the spectrum.

Lee A. Wilkinson, PhD, CCBT, NCSP author of *A Best Practice Guide to Assessment and Intervention for Autism and Asperger Syndrome in Schools*, editor of *Autism Spectrum Disorder in Children and Adolescents: Evidence-Based Assessment and Intervention in Schools* and, author of *Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT*.

#### From the Back Cover

"As a parent of children who have autism, I found this book informative and thought-provoking. Sound research, practical techniques, and real-life stories give helpful advice, and interesting and tangible real-life examples of struggle, persistence, and hope make it personally engaging. Challenges are not sugarcoated, and I appreciated the authors' ability to have straightforward, honest discussions while continuing to offer hope and a positive message. While this book teaches parents how to give a loving push to a family member with autism spectrum disorder, it also provides a loving push for parents, teachers, and community members who care about and want to see people with autism live rewarding and fulfilling lives."

- Jane Coburn, mother of two kids on the spectrum, Rehabilitation Specialist, and Advisor to Full Spectrum Farms, a unique community for those on the spectrum.

"There are some certainties in life - children on the autism spectrum will grow up and their parents won't always be with them. Time for planning for these events simply cannot be wasted. *The Loving Push* provides an excellent framework for thinking about what it takes for someone on the autism spectrum to reach for their potential. It reminds us all how much easier it is for us to do something for someone, rather than making sure they can and will do it for themselves. It thoughtfully pushes us to examine how we might inadvertently sabotage a successful, independent future for someone out of our love and fear. Adults and teenagers on the spectrum, parents of all-aged ASD children, and those who work with them would all benefit from reading and thinking about these lessons. It is an important piece of work that cannot be overlooked."

-Barbara Russo-Sprouts, mother of an ASD daughter, Special Education teacher, and former member of the Center for Autism and Related Disorders.

"Providing insight to the uniqueness of those on the autism spectrum, *The Loving Push* offers well-rounded and practical suggestions for parents to encourage their children to utilize their gifts and talents to gain confidence and independence in purposeful and meaningful daily life skills and in academic and vocational pursuits."

- Beth Aune, OTR/L, Owner-Therapist, Desert Occupational Therapy for Kids, Inc.

#### About the Author

Debra Moore, Ph.D., is a psychologist who has worked extensively with children, teens, and adults with high functioning autism (HFA) and Asperger's. She created and is the facilitator of three LinkedIn groups: Linked to Aspergers, Helping Hands Mentors, and Linked to Aspie Teens. In addition to providing direct clinical services, she wrote newspaper and magazine columns for over 20 years. Most recently, she contributed to *The Nine Degrees of Autism*, which outlines a positive developmental model of the process and stages adults experience when they realize they are on the spectrum. Past president of the Sacramento Valley Psychological Association, she recently retired from 35 years of a private practice that also served as a supervising agency for psychologists in training. She lives in Sacramento, California.

Temple Grandin is an international lecturer on autism, a professor of animal science at Colorado State University, a best-selling and award-winning author, an autism activist, a consultant to the livestock industry on animal behavior, and an engineer. She also created the "hug box," a device designed to calm those on the autism spectrum. The subject of an award-winning, 2010 biographical film, Temple Grandin was also listed in the TIME 100 list of the one hundred most influential people in the world, in the "Heroes" category. Temple's achievements are remarkable because she was a child with autism. At age two, she had speech delays as well as other signs of severe autism. Fortunately, her mother defied the advice of her doctor and husband, who recommended she be institutionalized. Many hours of speech therapy and intensive training enabled Temple to speak. Mentoring by her high school science teacher and her aunt on her ranch in Arizona motivated Temple to study and pursue a career as a scientist and livestock equipment designer. She is author of *Emergence: Labeled Autistic; Thinking in Pictures; Animals in Translation; Unwritten Rules of Social Relationships; The Way I See It; DIFFERENT...Not Less*, and more books.

## Users Review

### From reader reviews:

#### Thomas Rinaldi:

Here thing why this *The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults* are different and reliable to be yours. First of all looking at a book is good nevertheless it depends in the content from it which is the content is as yummy as food or not. *The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults* giving you information deeper as different ways, you can find any reserve out there but there is no e-book that similar with *The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults*. It gives you thrill reading through journey, its open up your current eyes about the thing that will happen in the world which is maybe can be happened around you. It is possible to bring everywhere like in park, café, or even in your way home by train. If you are having difficulties in bringing the paper book maybe the form of *The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults* in e-book can be your choice.

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capricious experience.

**Michael Davis:**

In this period of time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to you personally is The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults this publication consist a lot of the information with the condition of this world now. This particular book was represented how do the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some exploration when he makes this book. Here is why this book suitable all of you.

**John Edmondson:**

On this era which is the greater man or who has ability to do something more are more precious than other. Do you want to become among it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. One of the books in the top collection in your reading list is actually The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults. This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking way up and review this e-book you can get many advantages.

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