

# DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

# NEWSLETTER

BOSTON  
MEDICAL  
CENTER

The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

## Celebrating AAPI Heritage

May is **AAPI (Asian Americans & Pacific Islanders) Heritage Month!** This is a month when we can take a moment to reflect and celebrate all the ways that AAPI have played a valuable role in our shared history and communities.

And as we hop off of **Autism Acceptance Month**, what better way is there to celebrate than by listening to an incredible panel of four autistic AAPI self-advocates? Join AMBIV Collective on **5/29** (1-2pm) for an insightful discussion by clicking **here!**

### DID YOU KNOW?



The Māori word for autism is **‘Takiwātanga’** (“tōku anō takiwā”), which translates to **“my own time and space.”**

This word was created in 2017 by **Keri Opai** - Māori author, educator and social activist, who was tasked with creating a complete glossary of the language! Keri hopes the interpretation pays respect to the people, friends, caregivers, and whānau (extended family) with autism as **“He mana tō te kupu”** – **“Words have great power.”**



### Upcoming Events

#### 5/7 Social Emotional Learning

**6 - 7pm** Hosted by CRC & FCSN

This virtual workshop led by Karen Lopez, FCSN Early Childhood Information Specialist introduces what social emotional learning is, why it is important and what it looks like in the classroom and the IEP.

**Register for this event here!**

#### 5/15 Transition to College

**6 - 7pm** Hosted by CRC & FCSN

Join Elizabeth Hamblet and hear about how the accommodations system works at college, what accommodations are often available, and tips for how to help students find the right level of support!

**Register for this event here!**

#### 5/14 Legal & Financial Planning

**5 - 6pm** Hosted by Springfield JCC

Steve Dane, Public Accountant and father of two adult children with autism, will be sharing information with you to help guide through the financial planning process. Learn about Social Security Supplemental Income, income tax deduction possibilities for special needs families, ABLE/STABLE accounts and more!

**Register for this event here!**

#### 5/22 Strategies for Teens: Mental Health

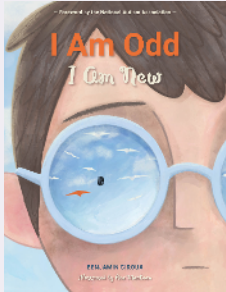
**6 - 7pm** Hosted by Families for Depression Awareness

Rebekah Gibbons (LISW) will take you through four common scenarios and show how you can validate your teen’s feelings and discuss sensitive topics!

**Register for this event here!**

# AUTISM PROGRAM'S Books We Love!

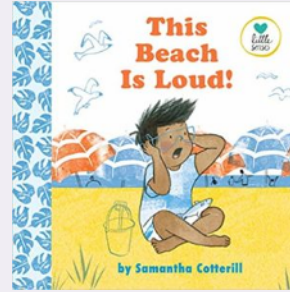
## Picture books about autism and neurodiversity



### **I am Odd I am New**

By Benjamin Giroux

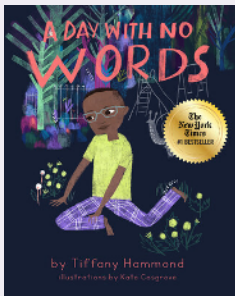
Step into the poetic world of Benjamin Giroux, a 10-year-old boy with autism, as he invites you to see life from his perspective!



### **This Beach is Loud!**

By Samantha Cotterill

Patience, understanding, and soothing exercise saves the beach day when excitement turns to sensory overload for this kiddo!



### **A Day with No Words**

By Tiffany Hammond

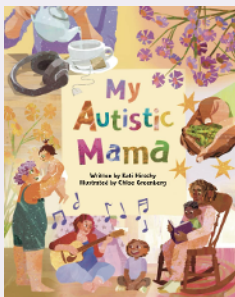
Written by an autistic mother of two autistic boys, this is a story about the bond between a mother and child who communicates without any spoken language.



### **Too Much! An Overwhelming Day**

By Jolene Gutierrez

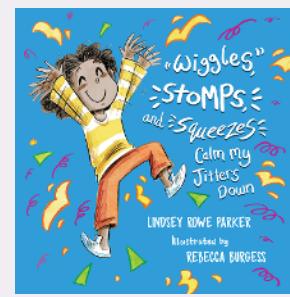
This is a reassuring and helpful rhyme & picture book about sensory overload and what you can do when everything feels "too much".



### **My Autistic Mama**

By Kati Hirschy

Written by an autistic author, see this autistic mama from the child's perspective! Dive into the joyful representation of autistic traits.



### **Wiggles, Stomps and Squeezes Calm my Jitters Down**

By Lindsey Rowe Parker

This is for anyone who has ever felt the need for a wiggle, stomp, or squeeze. It's also available in Spanish!



### **My Brain is Magic**

By Prasha Sooful

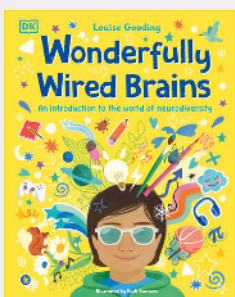
A celebration of sensory seeking behaviors, shining a light on neurodiversity and sensory processing in a fun and action-packed way!



### **Benji, The Bad Day, and Me**

By Sally J. Pla

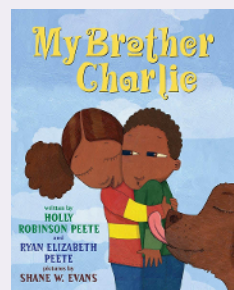
A story about Sammy and his little brother with autism, Benji, and learning how to survive bad days together.



### **Wonderfully Wired Brains**

By Louise Gooding

A children's guide to neurodiversity. Learn about its awesome qualities, ND advocates against harmful stereotypes, and creating a safe space for all!



### **My Brother Charlie**

By Holly & Ryan Peete

This is a heartwarming story about Charlie, a boy with autism, and his amazing big sister who looks out for him.

# AUTISM PROGRAM'S Books We Love!

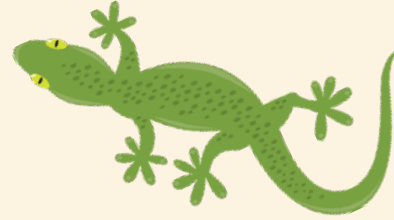
Check out these 10 **fiction novels for middle grade readers** that all have **autistic main characters**. Don't forget to tap/click the book cover or title to visit their Amazon page!



## The Many Mysteries of the Finkel Family

By Sarah Kapit

Meet the Finkel family in this middle-grade novel about two autistic sisters, their detective agency FIASCCO, and life's most consequential mysteries!

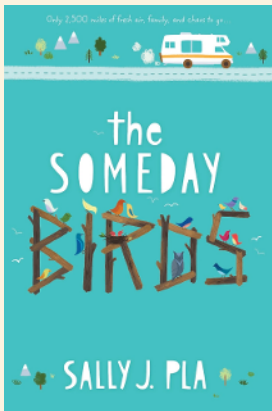


## A Kind of Spark

By Elle McNicoll



This is a riveting story about an autistic girl who chooses to campaign for a memorial when she learns of her small Scottish town's history of burning witches, simply because they were different!



## The Someday Birds

By Sally J. Pla

This is a coming-of-age story of Charlie, an autistic boy who feels he doesn't understand the world, and an uplifting portrait of his family overcoming many crises all captured via an unexpected road trip.

## A Boy Called Bat, Bat and the Waiting Game & Bat and the End of Everything Trilogy

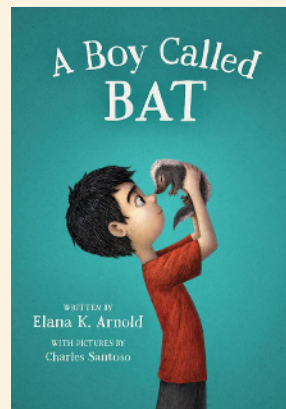
By Elana K. Arnold



## Planet Earth is Blue

By Nicole Panteleakos

This heartrending and hopeful story is about Nova, a 12-year-old, autistic, nonverbal girl who explores her deepest passion for space exploration while waiting for her lost big sister, Bridget.



This trilogy is a funny, heartfelt, and irresistible young middle-grade series starring Bixby Alexander Tam (aka Bat), an unforgettable young boy on the autism spectrum, and his new friend – a baby skunk!

**A U T I S M  
P R O G R A M ' S**

**Books We Love!**

**Fiction novels for middle grade readers**



**Show Us Who You Are**

By Elle McNicoll

An exciting story of Cora, an autistic girl on a mission to take down the mysterious & dangerous projects of Pomegranate Technologies while keeping her voice true to herself!

**Ellen Outside the Lines**

By A. J. Sass



This heartfelt novel is about Ellen, a 13-year-old autistic girl navigating her rapidly changing friendships and a school trip to Barcelona, all while expanding her horizons beyond the binary for the first time ever.



**We Could Be Heroes**

By Margaret Finnegan

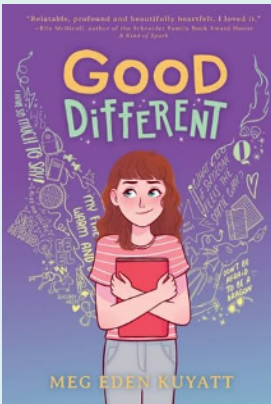
This funny and heartwarming tale is about Hank, a 10-year-old autistic boy who finds himself in a whole mess of trouble when his new friend Maisie recruits him to save the dog next door.

**Moonwalking**

By Setta Elliott



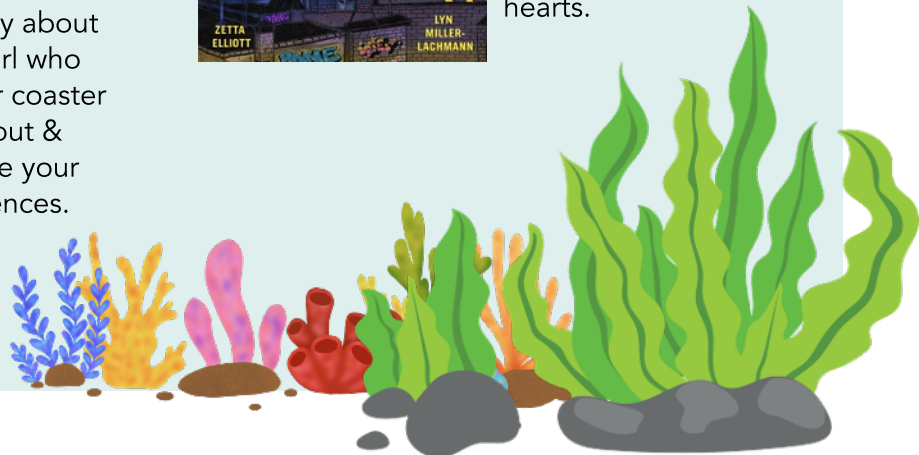
This novel follows two boys from 1980s Brooklyn, JJ Pankowski and Pie Velez, as they stumble into an unlikely friendship in a city as tumultuous and beautiful as their music-loving hearts.



**Good Different**

By Meg Eden Kuyatt

This is an honest coming-of-age story about Selah, an autistic girl who faces the wild roller coaster ride of learning about & coming to celebrate your own, unique differences.



## Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

**Do you have an idea for a future newsletter? Email us at.**

**[autismprogram@bmc.org](mailto:autismprogram@bmc.org)**

**with suggestions.**

## Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.



### Our Clinicians

Marilyn Augustyn, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

Mary Ellen Killion, NP

Arielle Spellun, MD

Bridget Poznanski, PhD

Rachel Vuolo, MD

## ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information! **To unsubscribe, please reply by email with the word "Unsubscribe".**



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[Autismprogram@bmc.org](mailto:Autismprogram@bmc.org)



The Autism Program at Boston Medical Center



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