

# One Small ★ Startish

A Mother's Everyday Advice, Survival Tactics  
& Wisdom for Raising a Special Needs Child

Anne Addison

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## One Small Starfish: A Mother's Everyday Advice, Survival Tactics & Wisdom for Raising a Special Needs Child



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Champion of a Benjamin Franklin Award, *One Little Starfish* is a deep and compassionate tale of one mom' Anne Addison was overwhelmed when she brought Jack home from a healthcare facility. In those first few days, Anne experienced a vague intuition that something had not been right. In this reserve, Anne shares the easy-to-put into action strategies and solutions that she and her family members found to the many complications facing parents and those who work with kids who are behaviorally challenging, from everyday activity skills such as getting dressed and going to bed to crafting a circle of friends, effectively dealing with the college, encouraging hobbies, and negotiating public situations. Syndrome. 2 yrs later, Jack was diagnosed with Attention Deficit Hyperactivity Disorder, speech and vocabulary delays, sensory integration problems, and subsequently, was found to have Asperger' Winner of an iParenting Press Award! struggle and triumph to raise a kid beyond what the globe thought he could be.



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An Excellent Resource Tool This is among the best books in regards to a child with Asperger's that I've ever read. Despite the word "perseverate" which is a damning and harmful word (it also speaks to intolerance) which is better replaced with "repetition/special interests," this is an excellent work. Anne Addison deserves a round of applause for this stellar function. That helped him learn what social boundaries are. I am 13 yrs . old, in fact it is hard to cop with somebody who is not just like the other brothers and sisters you want and that your friends have. This is a great personal story of a mother's struggles and successes in raising a son with Asperger's. Great Reading! I love the way Addison looks back at Jack's early behavior and realizes what may have caused it, such as a meltdown he had at age group 2 when he needed a juice package while visiting a new relative. I also just like the method she describes her son's schooling; the source tools she utilized and the overall design of Jack's classrooms. Jack initially had a good school knowledge in pre-kindergarten, but that found a crashing end the following year. Claustrophobic and extremely energetic (Jack was also referred to as being Insert/ADHD), Jack was forced to sit down in a closet for a time out. The boy was understandably scared out of his mind. Jack's behavior was logical and he was doing what he believed was right at that time. He previously a meltdown in course; was not well matched for the instructor he had that calendar year and engaged in harmful behavior such as jumping out of a shifting car. This is the best publication that i have read yet! Jack's day in the crisis ward until he was sprung was horrifying plenty of, but the two month sentence he offered in a local medical center (December 1998 - February 1999) sounded horrifying to me. On Christmas Eve, he wrote a note saying he wanted to escape that place and who could blame him? Another horrifying event was Jack becoming locked naked in a seclusion space while Addison waved good-bye. The boy most likely felt he had been punished and to serve time in a medical center on Christmas - ouch! The one thing I took issue with was Addison's wanting to know if becoming there on Christmas would affect Jack. Needless to say it could! That was very upsetting and one can't help but wonder if Jack felt that was being sanctioned. The only good thing to come of this experience that I possibly could see was that Jack was on a strict behavior modification program. I love the Beatle impact by entitling a chapter "Getting By With a Little Help FROM YOUR OWN Friends. I like the way strategies are included in this book plus a good resource guidebook. After many trials and errors with medication and different types of therapies, including alternative methods such as one that involved manipulating the boy's head and neck, an appropriate school was found for Jack. Readers soar along with his improvement and growing development. Since autism/Asperger's (a/A) is a sensory condition, Jack's behavior made perfect sense from a sensory, sensible standpoint. He disliked haircuts because he didn't just like the method shorn hair felt on his pores and skin. He found parties too noisy and confusing. He understandably didn't like the physical therapies because of his sensitive sensory issues. He had to follow an in depth, routine sequence to execute many routine tasks such as for example dressing and brushing his teeth. There have been two things that I came across confusing: In the chapter entitled WHAT'S HAPPENING With the Other Kids in the Family, John is called "Ken" twice. A Must Go through for Parents of Particular Education Students "One Small Starfish" can be an honest and intelligent book about 1 parent's experience with her son's journey through the special education and mental wellness systems. You will discover it to be a great resource and you'll be mighty happy to have it close at hand. Also, the chapters did not line up with the Table of Contents and had been off by one quantity. I believed that was funny. When Jack was asked to cheer a neighbor's daughter whose mom had just died, Jack juggled pillows because he stated he thought that could cheer her up. When Jack was in second grade, his world unravelled. Elements of this book

were funny. Once released, Jack attended the hospital school (Partial Hospital Plan - PHP) until more suitable placement could be found. After years of ending up in teams of specialists and individuals in the field, she has come up with a lot of very useful info for anyone that has or works with kids with Asperger's. Be sure to understand this and make it a very close friend. Who was simply Ken? A sister speaks My own brother has the exact same problems as the boy in the story." That Beate impact - it's an excellent one! This sister dealt with the brother in various methods, helping me to find what functions for my children. He was subsequently hospitalized and the knowledge sounded nothing lacking traumatic. It helped me a lot more than I would have thought. I would recommend it to anyone who has a sibling, it helped me to understand that someone else was dealing with the same issues as I was. In the Sample Medication Log, Jack is called "William" twice. It requires you from the original indications that her son was symptomatic, through numerous failed attempts to properly diagnose and treat the true character of his impairment while her son's condition worsened to the idea of long-term hospitalization, to the eventual effective treatment and subsequent marked improvement in her son's academic, emotional, and behavioral working. Anne Addison writes in a poignant and revealing manner that captures the reader's heart while concurrently offering valuable insights into the internal workings of the special education/mental health systems and the way in which to negotiate these systems toward optimum treatment for your son or daughter. This book is a pleasure to read and a valuable source to parents of children who present with outward indications of Asperger's or several other emotional and behavioral issues that warrant unique education/mental health services. A Must Read! This is a touching, in-depth look at a mother's personal account of life and daily struggles of having a kid with autism. She tells of the importance not just to "survive", but actually deals with one's very own attitude and how that impacts the entire picture. I thought One Little Starfish was extremely well-written, stressing the need to cheer your son or daughter on and teaching them to be the best they could be. While Sarah was described as a low maintenance child, Jack got behavioral and sensory problems from the beginning. Her second child, Jack was created in 1991, a year after his sister Sarah. This is the book parents of kids on the spectrum possess prayed for.



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