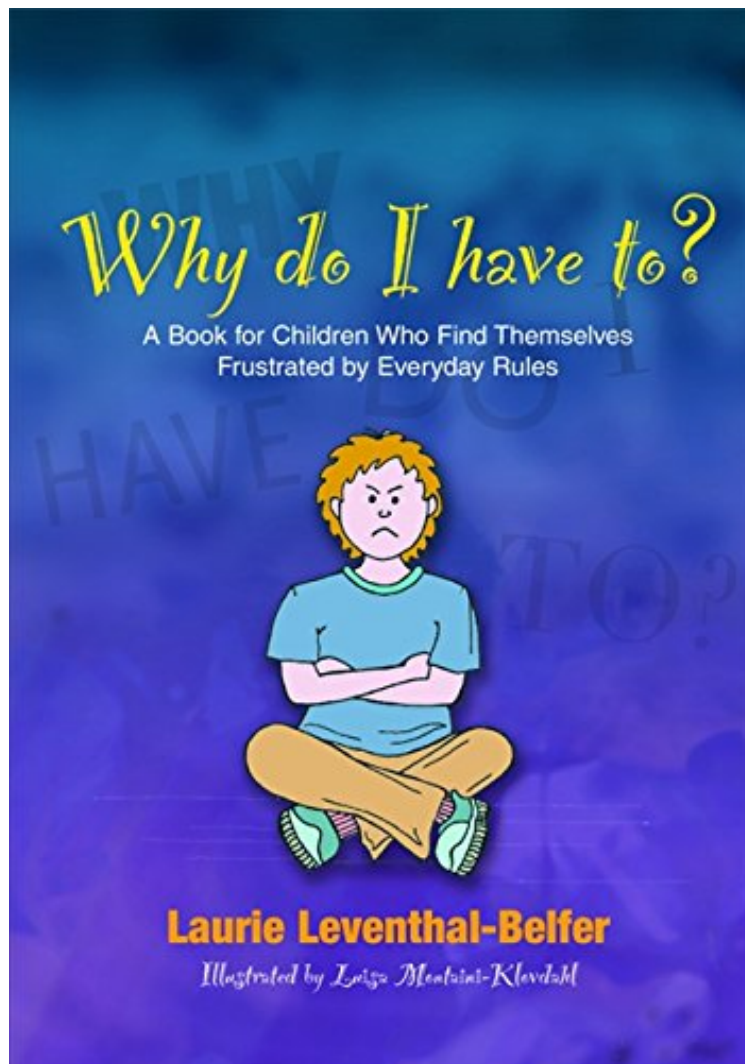


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Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules

Laurie Leventhal-Belfer

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Laurie Leventhal-Belfer : Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules before purchasing it in order to gage whether or not it would be worth my time, and all praised Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules:

2 of 2 people found the following review helpful. This is My SonBy Claire Thomas-AdamsThis book is Superb! Excellent! It is very concise. Each question and answer such as "why do I have to wear a jacket when it's cold outside"

is 2 pages long. There are a few bullets explaining why and--the best part--a few bullets labeled "it might help if I..."My 8-year-old son and I have read this together, and it elicits comments, thoughts, ideas from him without my even asking. The issues are totally relevant to kids his age who wonder why there are rules in the world.As soon as I saw this book's title I thought "this is my son" and truly it is and it is very helpful! 10 stars! Thank you!0 of 0 people found the following review helpful. Why do I have to?By NeishaThis is an excellent way to teach ASD children why they have to follow certain rules at home, at school and with friends. Of all the books I have purchased to assist my ASD son (6 years), this is by far his favorite. A fantastic book with fantastic, easy to understand messages.1 of 2 people found the following review helpful. Clear, informative,, bookBy Denise Wind, LCSWThis book is helpful in my therapy practice for young children to help them to cope with challenges/frustrations that they face in everyday life. It provides some uiseful tips for coping. It is easy to implement some of the techniques.

Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating - but they don't have to be!Why do I have to? looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Leventhal-Belfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.

'Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories', for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work.' ---Teri Wiss, M.A., O.T.R./L., Director of Development is CHILD'S PLAY!'If you want a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school.' --- Professor Tony Attwood Laurie Leventhal-Belfer's WHY DO I HAVE TO? is a thoughtfully structured guide for children who are frustrated with everyday rules and adults who are frustrated with those children. This short book is packed with a comprehensive set of questions, phrased from a child's perspective, dealing primarily with social expectations...This book will be an invaluable addition to the shelves for the children who are challenged by the expectations of daily living. The insightful questions, thoughtful answers, and clinically tested suggestions will decrease fustration for children and parents alike. (Journal of Autism and Developmental Disorders)As a SENCO I would recommend this book to staff in schools supporting pupils within the autistic spectrum and/or with ADHD. Finally, this book would also be a useful read for children, young people and their families. (NASEN)This book looks at everyday situations that can cause conflict for children with Asperger's syndrome at home, at school and with their friends. A useful tool to give parents and carers the confidence to tackle behaviours that are regular triggers for conflict. (Naplic)Laurie Leventhal-Belfer's approach shows empathy for children's wish to do things their way, explains why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. Her approach encourages children to be involved in determining solutions for dealing with daily rules and expectations...This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them. (Speld Magazine, Australia)This is a useful self-help guide that tackles a wide range of issues... some of the strategies involve a lot of personal initiation... Although, this book is not explicitly aimed at children on the autism spectrum, it certainly tackles issues particular to this population. The author clearly has experience in this area.. she is founder and director of The Friends Program, the therapeutic group project for children with Asperger's in the US... it is certainly a resource that educational psychologists could use in their work with service users. It also be recommended as reading for some children, teachers and parents who are having particular issues with dealing with rules and need a logical explanation and some guidance. It is accessible and easy to read with amusing picture to add interest and most of all, there is a positive ethos underpinning this book, which helps reassure children that they are not alone in their frustrations and there are ways to help. (Joanna Hill, Trainee EP Debate - British Psychological Society)If you want a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school. (Professor Tony Attwood)Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories (TM), for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the

stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work. (Teri Wiss, M.A., O.T.R./L., Director of Development is CHILD'S PLAY!)About the AuthorLaurie Leventhal Belfer is a practicing clinical psychologist. She is the founder and director of The Friends Program, a therapeutic group program for young children with Asperger's Disorder and their families. She is also a member of the Adjunct Clinical Faculty in the Department of Psychiatry and Behavioral Sciences, The Division of Child Psychiatry, Stanford University. She co-authored "Asperger's Syndrome in Young Children, A Developmental Guide for Parents and Professionals", also published by Jessica Kingsley Publishers. Luisa Montaini-Klov Dahl is a licensed clinical psychologist in private practice who is privileged to work with children and their families. She has worked with Laurie in The Friends Program for nearly a decade.