Could It Be Autism?

- Easy-to-use checklist for milestones, beginning at four months
- Early detection and intervention strategies for developmental delays
- Getting the best possible developmental outcome for your child

Nancy D. Wiseman, Founder and President, First Signs, Inc.
This invaluable resource is the first book to help parents detect early signs of autism and related disorders and take the steps that can make a dramatic difference in a child’s life.

The number of children affected by autism—an umbrella term for a wide spectrum of disorders that includes “classic” autism, Asperger syndrome, and PDD-NOS—is growing every year. Most children are not diagnosed until they start school. But developmental problems can appear in infants as young as four months old. Early intervention can vastly improve a child’s chances for a successful outcome and, for some, even recovery. Could It Be Autism? provides parents with vital information so they can recognize the red flags of developmental delays and begin intensive intervention as early as possible.

Nancy Wiseman is the mother of a child who was diagnosed with autism at the age of two, and she draws on her own stories as well as the latest research to present real solutions parents can use. Emphasizing the need to look for early warning signs, she describes the most important milestones at each stage of a child’s growth, including aspects of development parents and physicians often overlook. Her easy-to-use milestones checklist is an indispensable tool for determining whether a child has difficulties that demand immediate attention. She explains early screening tests, helps parents to navigate the referral and diagnostic process, offers suggestions for creating an appropriate treatment plan together with physicians and other experts, and gives inspiring examples of children who have benefited from early and intensive intervention.

Accessible, authoritative, and eminently practical, Could It Be Autism? will help to improve the lives of thousands of children.

EARLY PRAISE FOR
COULD IT BE AUTISM?

“This book is a wonderful first step in providing just the kind of thoughtful, accessible, expert information anyone concerned about a child needs. My hope is that the book will fuel a revolution that will help parents, physicians, and other professionals share the knowledge necessary to understand how best to help all children grow to their full potential.”

—BARRY S. ZUCKERMAN, M.D.

“Nancy Wiseman’s gem of a book is so surprising in that there is not one paragraph that does not inform, clarify, and reassure. The author is like an expert friend, several steps ahead, who never fails to turn around, gently leading parents where they need to go. This book reduces the heartbreak, offers hope, and empowers parents so they can provide optimal and timely treatment for their child.”

—DEMITRI F. PAPOLOS, M.D., and JANICE PAPOLOS, coauthors of The Bipolar Child

“This is a very well-written, informative, and, at the same time, hopeful book from which both parents and professionals will learn. I can’t wait to recommend it to the families we see.”

—CATHERINE LORD, Ph.D., Director, University of Michigan Autism and Communication Disorders Center (UMACC)

“Nancy Wiseman provides detailed steps of everything parents need to do from the moment they suspect their child may be delayed. I wish I had had this book when my grandson was diagnosed with autism. This book is a gift to parents and grandparents who find themselves on the autism road but need a map.”

—SUZANNE WRIGHT, cofounder of Autism Speaks

“I wish I’d had this book when I needed it. Reading Could It Be Autism? may help parents identify at-risk children and start intervention early enough to possibly slow or halt the development of autism. This book is a potential lifesaver.”

—CHRISTINA ADAMS, author of A Real Boy: A True Story of Autism, Early Intervention, and Recovery

“Parents play a very important role in the diagnosis of autism, so it’s imperative that they educate themselves on the early signs and relay any concerns to their pediatrician. Could It Be Autism? covers all the bases from getting a diagnosis to following through with the right treatment and advocating for your child. Nancy Wiseman’s personal experience and knowledge through her organization, First Signs, provide the reader with an excellent understanding of ‘What now?’”

—DOUG AND LAURIE FLUTIE, cofounders of The DOUG FLUTIE, JR. Foundation for Autism, Inc.
Nancy D. Wiseman is founder and president of First Signs, Inc., the only organization dedicated to the early identification of and intervention for developmental disorders in young children. Her organization has counseled parents nationwide and she has been interviewed by print and television media, including USA TODAY, Parents, and NBC’s Today Show.