



Understanding Autism:

— A Parent's Roadmap to —
Clarity and Confidence 



“Every step toward understanding builds a future of acceptance and opportunity.”



UNDERSTAND
with Empathy



EMPOWER
with Knowledge



NAVIGATE
with Guidance



BUILD CONFIDENCE
Every Step of the Way



— *Knowledge. Support. Growth. Together.* —



*Understanding Autism:
A Parent's Roadmap to Clarity
and Confidence*

**First Edition / Digital Edition
[October 2025]**

Mandatory Disclosures

Disclaimer / Purpose of Publication: This book is designed for **informational and educational purposes only**. It summarizes current scientific, clinical, and experiential perspectives on autism spectrum disorder (ASD) to help parents, caregivers, and educators understand and support children on the autism spectrum. It is **not intended as a substitute for professional medical, diagnostic, psychological, or therapeutic advice**. Always consult a qualified healthcare professional, developmental pediatrician, or licensed psychologist regarding any specific concerns about a child's condition or treatment plan.

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ISBN / Edition / Imprint:

- ISBN: [978-81-994064-4-5]
- Authored By PsyForU Editorial Collective
- Series Editor: Dr. Leah, Managing Editor: Dr. Jonathan Reed
- First Edition / Digital Edition – [October 2025]
- Published by [PSYFORU / BOOKSKART WORLD]

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ISBN: [978-81-994064-4-5]



Description:

Raising a child with autism can feel overwhelming — but with the right knowledge and tools, you can find clarity, confidence, and hope.

This essential guide is designed for parents who want to understand autism spectrum disorder in simple, practical terms, while learning proven strategies to support their child’s growth and well-being.

Inside this book, you’ll discover:

- ✓ Early signs of autism and the diagnostic process explained clearly**
- ✓ Common myths debunked — and what autism really means for your child**
- ✓ Practical tools to build routines and reduce meltdowns**
- ✓ How to work with teachers, therapists, and healthcare providers**
- ✓ Financial and support resources in the US & Europe**
- ✓ Emotional coping tools to reduce parenting stress**

Written with compassion and backed by professional insights, this book is not academic theory — it’s a real parent’s companion.

Whether you are at the beginning of your autism journey or navigating school-age challenges, *Understanding Autism* will help you feel informed, prepared, and empowered.

👉 Download today and start supporting your child with confidence.

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A Practical Guide for Parents, Caregivers & Families



Raising a child with autism can feel overwhelming—but with the right knowledge and tools, you can find clarity, confidence, and hope.

Understanding Autism is a practical, parent-friendly guide that explains Autism Spectrum Disorder (ASD) in simple language and provides effective strategies to support your child's development, communication, and well-being.

Inside This Book

- ✓ **Early signs** of autism and the diagnostic process explained clearly
- ✓ **Common myths** debunked—and what autism really means for your child
- ✓ **Practical tools** to build routines and reduce meltdowns
- ✓ How to work with **teachers, therapists, and healthcare providers**
- ✓ **Financial and support resources** in the US & Europe
- ✓ **Emotional coping tools** to reduce parenting stress



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Dr. Harshvardhan Singh

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BOOKSKART WORLD
New Delhi, India • 2025

