

Brenda Dater is the author of *Parenting without Panic: A Pocket Support Group for Parents of Children and Teens on the Autism Spectrum (Asperger's Syndrome)*. She is also the Director of Child and Teen Services at AANE where she teaches workshops, facilitates support groups and provides consultations for parents, grandparents and professionals. Brenda attended the University of Michigan where she received a Bachelor's degree in Psychology and Masters' degrees in Social Work and Public Health.

Brenda addresses the 'frequently asked questions' and topics that parents are concerned about: self-advocacy and disclosure, school issues and homework, executive functioning, behavior, chronic stress and resilience, understanding Asperger's, building independence, extended family difficulties, friendships, transitions, holidays and vacations, siblings, parenting on the same page and more. As a parent and a professional Brenda provides a calm and hopeful perspective.

Brenda's favorite job title is 'mom' to her three sons. Her eldest was diagnosed with Asperger's at the age of three and is now college bound. Brenda's middle son has ADHD, anxiety and a very sweet soul. And her youngest would like to know what diagnosis he has so that he can make sure he fits into his family.

Brenda's family also includes her amazingly patient and funny husband, Jed, and their dog, Lavender. When Brenda isn't working or writing she enjoys hiking with her family, singing, photography and sharing meals with friends. Oh, and sleeping—she really likes sleeping.

Brenda doesn't feel sad about having a child with Asperger's, but at times she feels discouraged about the way her son and others on the autism spectrum are treated. She looks forward to the day when being autistic no longer evokes pity and fear in others and the world is a more autistic and Asperger friendly place for children, teens, adults and families.