



# Where are you on your journey? Resources for Autistic Children

## APPS

This list contains a selection of the “**Best Autism Apps,**” according to Autism Parenting Magazine (April 2026). They are free to download, although they may include in-app purchases.

**Autism Emotion** (*Apple and Android*) – Uses music and pictures to teach children about emotions such as happy, sad, proud, and calm.

**Autism iHelp - Colors** (*Apple*) – Photos and activities help children retain vocabulary while strengthening auditory and visual memory. Contains a progress tracking feature for parents.

**Autism iHelp – WH Questions** (*Apple*) – Pairs real-world pictures with corresponding questions, focusing on who, what, where, when, and why.

**Avaz – Free AAC App for Autism** (*Apple and Android*) – Designed for children who are nonverbal or who have difficulty speaking.

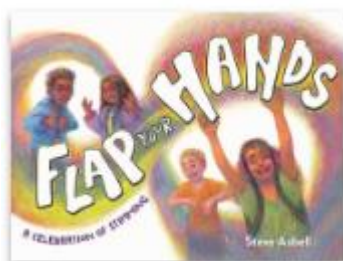
**Dr. Panda Town** (*Apple and Android*) – Has an interactive town with different environments to explore. Among the activities are cooking for friends, playing hide-and-seek, and having a slumber party.

**Jade Autism** (*Apple and Android*) – Allows users to explore categories such as Animals, Food, Colors, Numbers, Letters, and Shapes.

**Learn with Rufus: Groups and Categories** (*Apple and Android*) – Includes a mix of typical and less typical examples, helping children form broad categories and understand generalization.

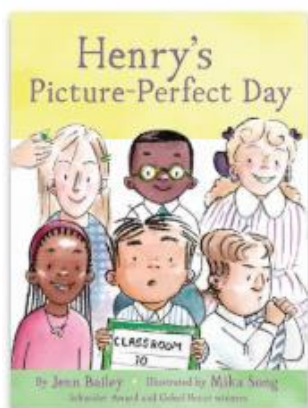
**Model Me Going Places 2** (*Apple*) – Contains a photo slideshow of children exhibiting appropriate behavior at the mall, the hairdresser, the doctor, the playground, the grocery store, and a restaurant.

### **BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY**



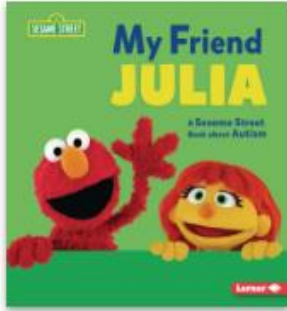
**Flap Your Hands: A Celebration of Stimming** by Steve Asbell. 2024. E Asbe.

Four neurodivergent kids, who face stressful moments throughout their day, use body movements, called stims, to self-regulate their emotions.



**Henry's Picture-Perfect Day** by Jenn Bailey. 2025. J Bail.

It is picture day for Classroom Ten, but Henry does not feel comfortable or normal in his new clothes, and he has not practiced smiling like the other children.



**My Friend Julia** by Jennifer Cook. 2024. J 618.928 Cook.

“We are all amazing because we are all different. Abby, Elmo, and the Sesame Street friends introduce young readers to Julia. Full-color photos and accessible text make this book an age-appropriate introduction to autism.”



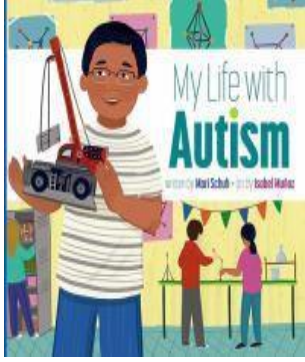
**It's Me, Henry!** by Des Lauriers, Stéphanie. 2022. E Desl.

"This picture book about a young boy on the autism spectrum highlights the way he functions differently than his classmates. His way of being in the world has both its challenges and its strengths."



**My Life Beyond Autism: A Mayo Clinic Patient Story** by Hey Gee. J 616.85882 Gee.

Tracy likes to draw, make movies, and play, just like other kids. She also has autism processing disorder. Over time, she's learned tricks for communicating and coping when things are hard for her.



**My Life with Autism** by *Mari C. Schuh*. J 618.92 Schu

Meet Zen! He loves to draw and play video games. He also has autism. Learn about his life in this illustrated narrative nonfiction picture book for elementary students.