

# Book review

## **Let's Talk: Navigating Communication Services and Supports for Your Young Child with Autism**

*by Rhea Paul, Donia Fahim*  
2016  
\$29.95  
(e text book)  
ISBN: 978-1681250335  
Review DOI  
[10.1108/AIA-02-2026-118](https://doi.org/10.1108/AIA-02-2026-118)

The book *Let's Talk: Navigating Communication Services and Supports for Your Young Child with Autism* by Rhea Paul and Donia Fahim provides a comprehensive guide for families navigating autism spectrum disorder (ASD) and communication interventions. The authors, both experienced professionals in the field, aim to help parents understand and address communication challenges in children with ASD. The book's structure is designed to be both informative and practical, addressing key questions and concerns that parents may have when their child is diagnosed with ASD.

The book begins with an overview of ASD, providing a clear and accessible explanation of the disorder and its diagnostic process. It offers insights into the common developmental patterns of children with autism and addresses the critical issues of social communication, which are central to ASD. The book emphasizes that every child with ASD is unique, making it important for parents to work with professionals to tailor interventions that meet their child's specific needs.

Dr Rhea Paul is a distinguished academic in the field of communication disorders, with over 90 journal articles and multiple books to her name. She has extensive research experience in autism and language disorders. Dr Donia Fahim, an expert in early childhood special education and autism, has a global perspective, having worked as a consultant in

various countries. Both authors have hands-on experience in clinical settings and are committed to improving the quality of life for children with ASD and their families.

The book *Let's Talk: Navigating Communication Services and Supports for Your Young Child with Autism* provides a deep insight into ASD, with a primary focus on the communication challenges that children with this condition face. In the first chapter, the book starts with an introduction to ASD, explaining the main symptoms and the diagnosis process that involves detailed observation of the child's behavior. The book suggests the importance of early detection and appropriate intervention, and provides an overview of how diagnosis is done through observations of social communication, repetitive behavior patterns, and limitations in social interaction.

The second chapter describes the characteristics of children with ASD, where the author underlines that each child with autism exhibits different behaviors, although there are common patterns that are often seen, such as difficulties in social interaction and delays in language acquisition. In this chapter, it is emphasized that although there are certain trends in children with ASD, each child has a unique developmental profile, which necessitates personalized treatment and support. The third chapter discusses in detail the social communication symptoms in children with ASD, which are at the core of the disorder. The book explains how these symptoms are evaluated and treated through various therapeutic approaches, including communication interventions that can improve the child's ability to interact

socially. The author also explains the use of diagnostic tools such as the Autism Diagnostic Observation Schedule to assess a child's behavior, as well as how these interventions are applied to help a child's social and communication development.

The fourth chapter describes the different types of professionals who work with ASD children, such as speech therapists, occupational therapists, physical therapists and special educators. The book illustrates how collaboration between these professions is essential in designing effective intervention programs for children with ASD. Each professional has a very important role in identifying and designing strategies to help children develop according to their needs.

The strength of *Let's Talk* lies in its accessibility and practical approach. The content is well-organized, with clear definitions, helpful case examples, and practical strategies for parents. The authors provide a balanced view, incorporating both the medical and social aspects of ASD. However, a potential limitation is the book's focus primarily on children, which may not address the needs of parents with older children or those transitioning into adulthood. One of the book's key strengths is its ability to demystify the complex process of diagnosing and managing ASD. The inclusion of parent-friendly resources and practical tools for communication interventions is highly beneficial for families. However, while the book offers a lot of valuable information, some parents may find the technical aspects of the interventions overwhelming, especially if they are unfamiliar with therapeutic jargon.

*Let's Talk* serves as an essential resource for parents, caregivers, and professionals in the field of autism. By focusing on communication development, it fills a gap in the literature, offering practical advice that can be immediately applied to intervention programs. The book's emphasis on early intervention aligns with current research suggesting that early therapeutic support significantly improves long-term outcomes for children with ASD.

This book is highly recommended for parents of children recently diagnosed with ASD. It provides a step-by-step guide to understanding the disorder and effectively managing early communication challenges. While it is comprehensive, its clear language and structured approach make it an approachable resource for families navigating the complex journey of autism intervention. *Let's Talk* offers valuable insights into the complexities of autism spectrum disorder, especially regarding communication difficulties. By providing parents with a clear framework for understanding and addressing their child's needs, this book is a vital resource for families and professionals seeking to improve the lives of children with ASD.

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