



# Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules

*Laurie Leventhal-Belfer*

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'If you want a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school.'

- Professor Tony Attwood

'Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories (TM), for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work.'

-Teri Wiss, M.A., O.T.R./L., Director of Development is CHILD'S PLAY!

Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating - but they don't have to be!

Why do I have to? looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Leventhal-Belfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.

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### **From reader reviews:**

#### **Dan Maes:**

What do you regarding book? It is not important with you? Or just adding material when you really need something to explain what you problem? How about your extra time? Or are you busy man? If you don't have spare time to try and do others business, it is give you a sense of feeling bored faster. And you have time? What did you do? Every individual has many questions above. They must answer that question simply because just their can do that. It said that about reserve. Book is familiar on every person. Yes, it is suitable. Because start from on guardería until university need this Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules to read.

#### **Douglas Henry:**

This book untitled Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules to be one of several books that will best seller in this year, that's because when you read this reserve you can get a lot of benefit on it. You will easily to buy this book in the book store or you can order it by way of online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Touch screen phone. So there is no reason to you personally to past this book from your list.

#### **Shalon Dougherty:**

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative throughout spending your spare time, the book you have read is actually Why Do I Have To?: A Book for Children Who Find Themselves Frustrated by Everyday Rules.

#### **Shannon Thomas:**

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