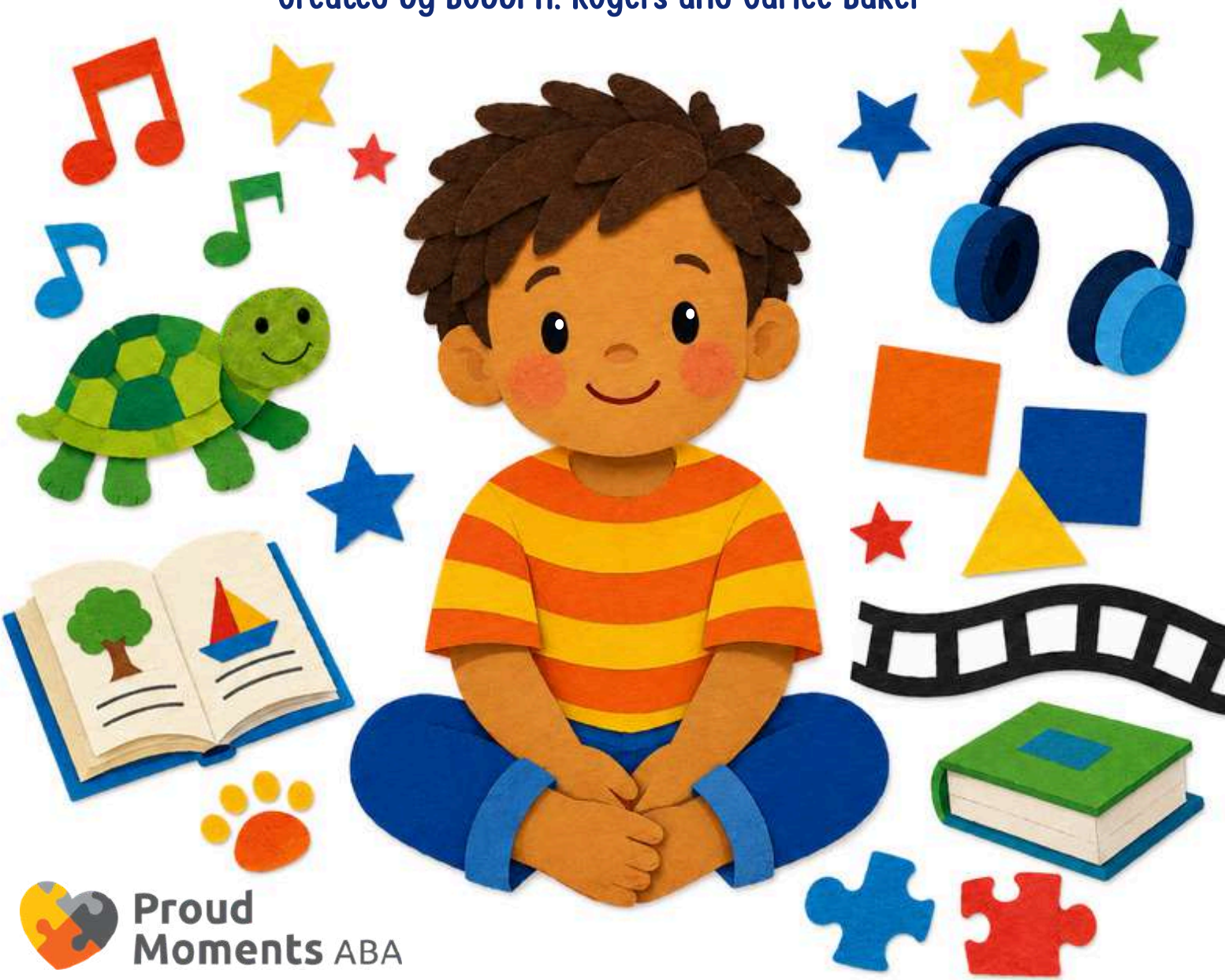
My Different Brain

Created by Bobbi H. Rogers and Carlee Baker



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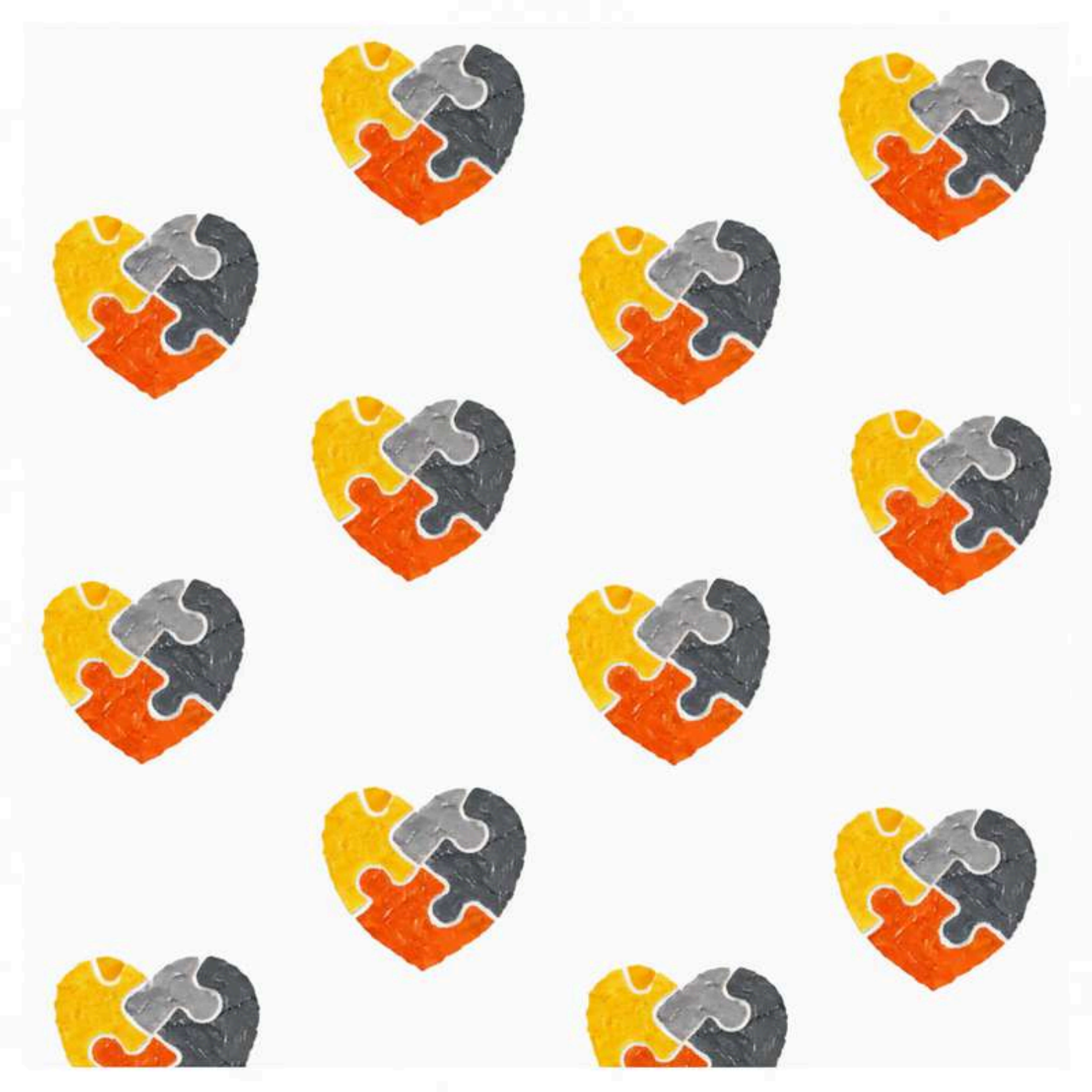


A Note for Grown-Ups

This book was written to help children understand that their brains can work in many different ways- and that those differences are okay.

Differences are beautiful and allow for unique perspectives of the seemingly same world. Some children may see themselves clearly in this story. Others may connect with only parts of it.

Both are perfectly okay.

If this book helps open conversations, build understanding, or help a child feel seen and supported, then it has done its job.



My name is Jack.



One day, Mom and Dad sat with me
on the couch.

They smiled and held my hands.



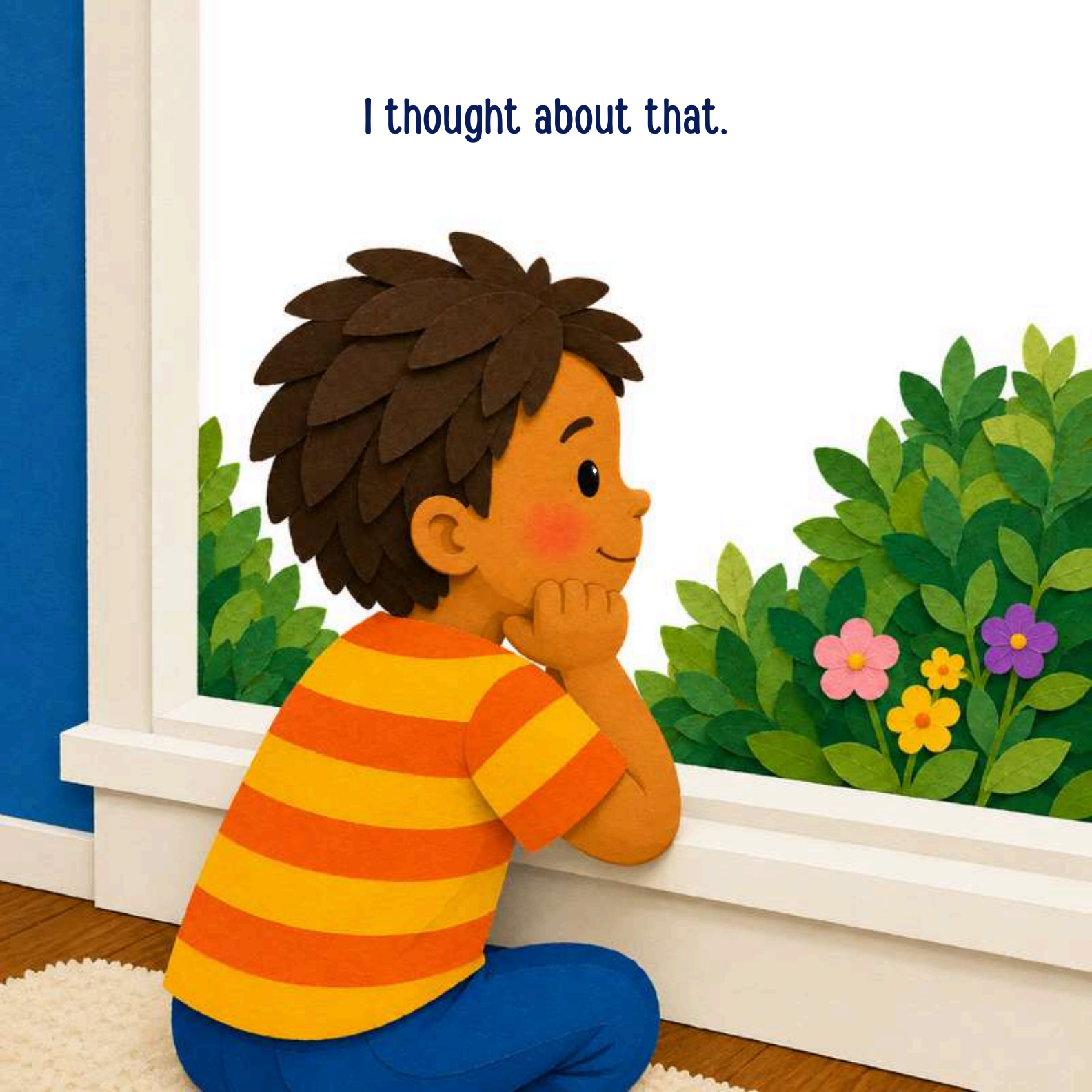
"Jack," Mom said, "your brain works
a little differently than some
other kids' brains."



Dad added, "Different is not better.
Different is not worse.
It's just...different."



I thought about that.



Mom explained that this has a name.

It's called autism.



She told me autism helps explain some
of the things I feel and notice every day.



Like clothes.
Sometimes the tags in my shirts feel very itchy. They poke and scratch and won't stop bothering me.



So, Mom cuts the tags out.
She says, "Tags are not necessary.



We can take them out."

Some foods taste very strong to me.
Much stronger than they do to other people.



Mom says, "That's okay.
Everyone's mouth is different."
She helps me find foods
that feel just right.



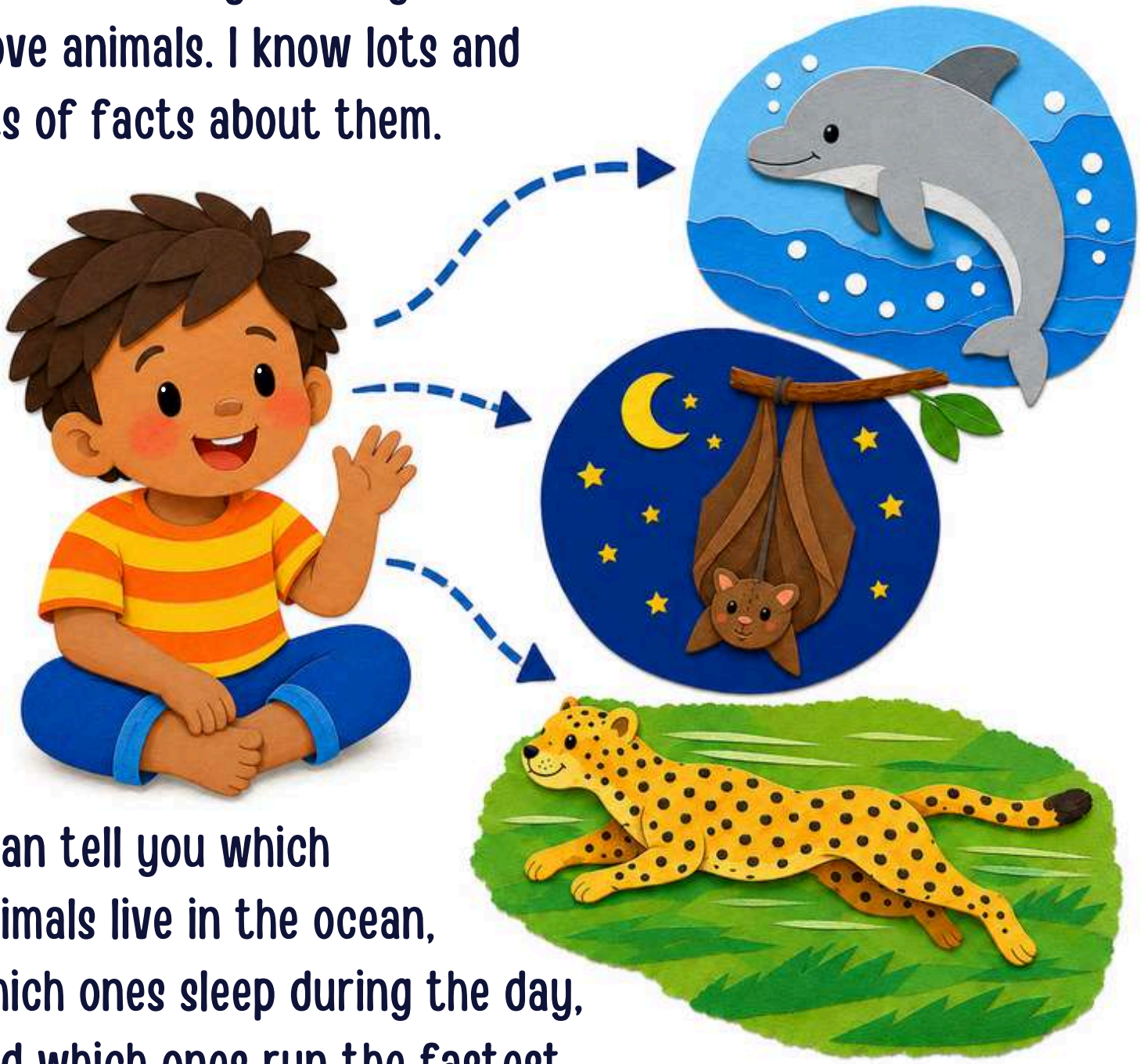
Noises can be tricky, too.
Sounds other people like
can feel very loud to me.
Too loud. They make
my body feel tight
and uncomfortable.



Dad says, "Your ears hear
the world in a powerful way."

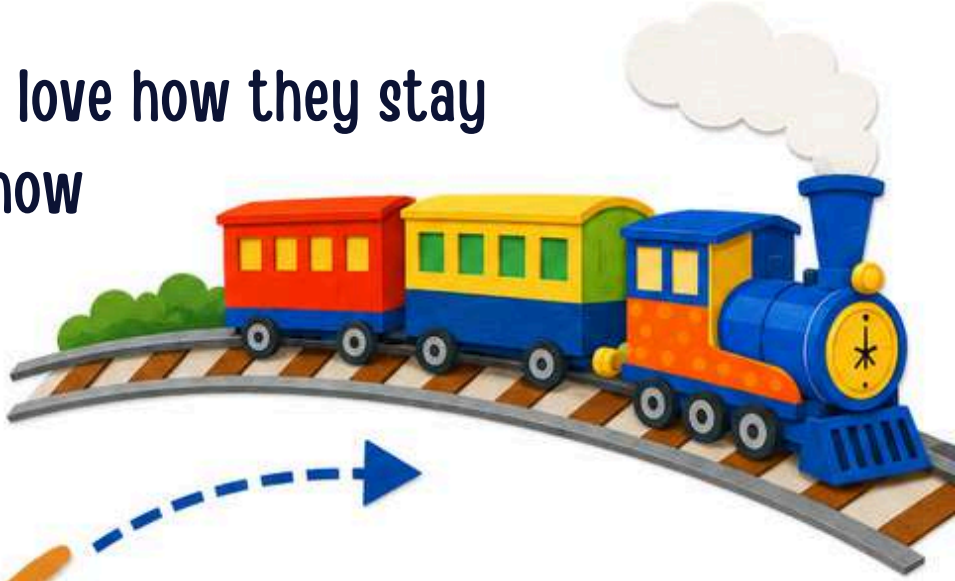
He helps me find
quiet places when
I need them.

There are things I really love.
I love animals. I know lots and
lots of facts about them.



I can tell you which
animals live in the ocean,
which ones sleep during the day,
and which ones run the fastest.

I also love trains.
I love how they move. I love how they stay on their tracks. I love how everything has a job.





One day, I want to be a train conductor.





My brain works differently. And that's okay.
I can grow, learn, and dream big.

Different isn't better.
Different isn't worse.

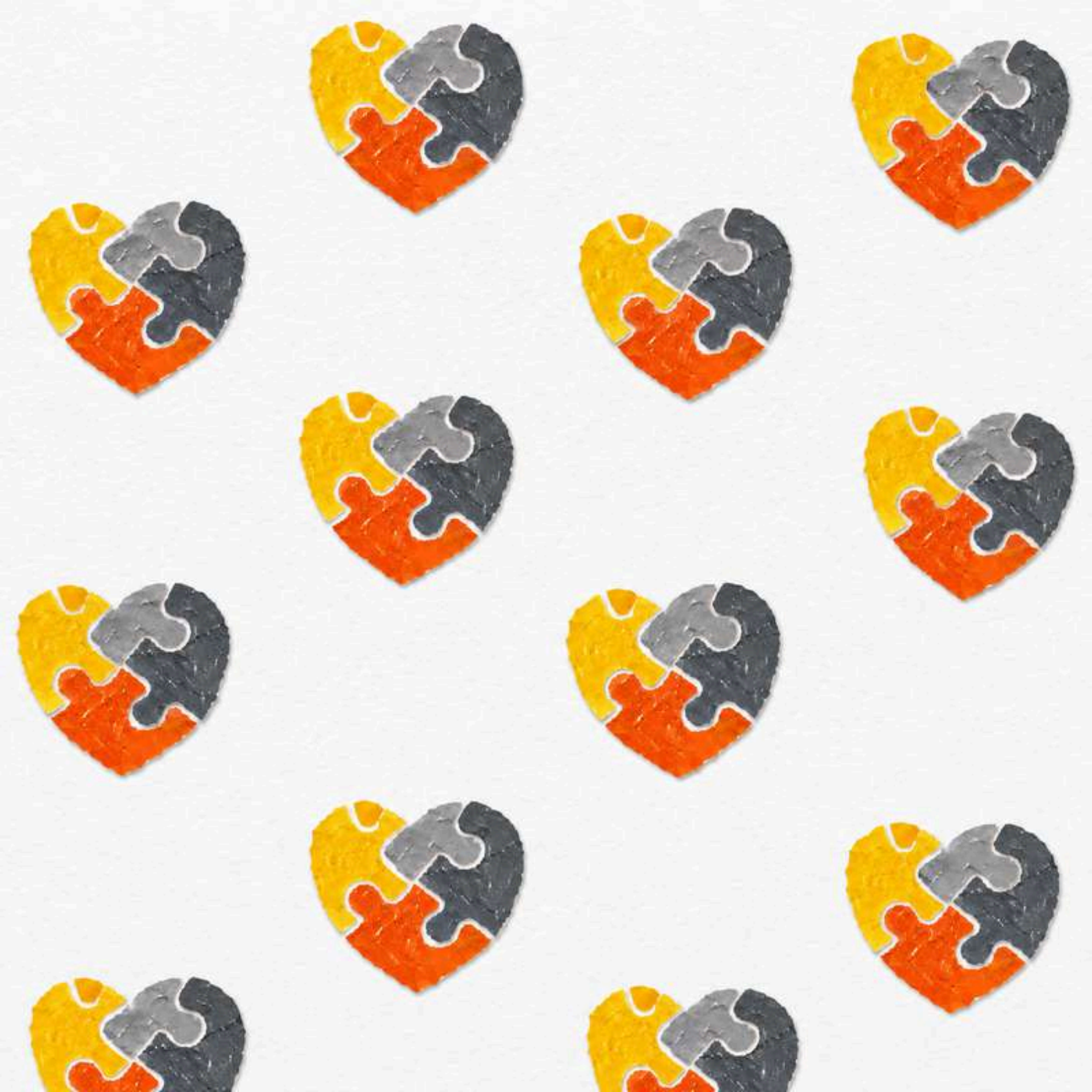


Different is just right for me.

Activity Time!

Can you find Jack's favorite things?
Find the trains, turtles, headphones, and puzzle pieces.





Meet Jack, a curious little boy whose brain works a little differently. In this warm and reassuring story, Jack learns that autism helps explain the things he feels, notices, and loves-from sounds, foods, and clothes to animals and trains.

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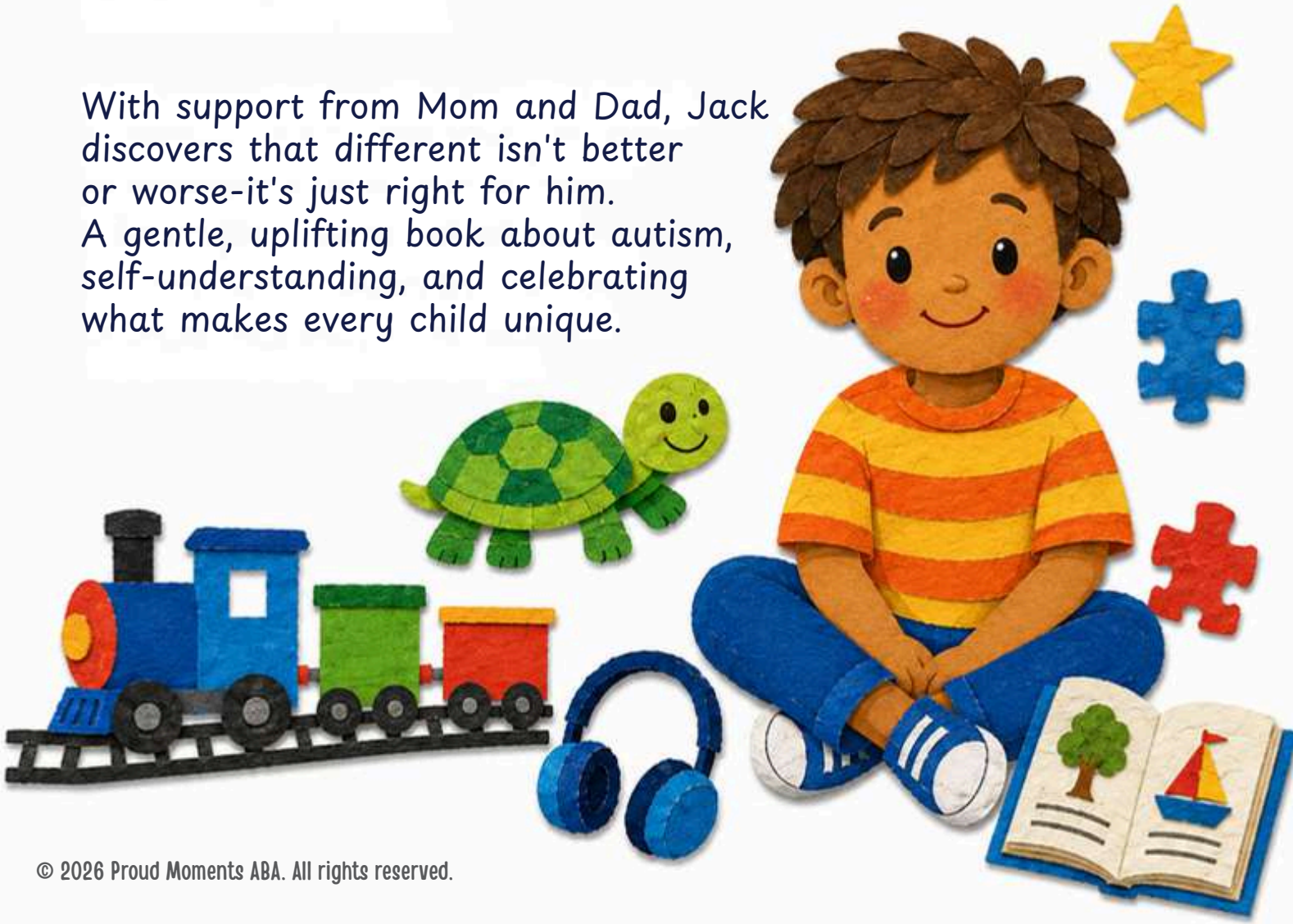
With support from Mom and Dad, Jack discovers that different isn't better or worse-it's just right for him.
A gentle, uplifting book about autism, self-understanding, and celebrating what makes every child unique.



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