

Suggested Reading



Parenting a Child with Autism: A Modern Guide to Understand and Raise your ASD Child to Success – Richard Bass

When a baby is born, you count the fingers and toes, you wait for the cry, and finally, there is a sense of relief that everything is ok. Over the next few months, you learn so much about this tiny human and, of course, plenty of reading about what to expect.

But what happens when the expectations aren't met? When there is no sign of the first smile? Or there is no babbling back to you?

Your first thought is that you are paranoid. Every baby is different and yours is just taking a little longer to develop.

And then the suspicions start to add up. Fear, panic, stress are just some of what arises. As the issues become more apparent, your own health starts to suffer as you give everything to make sure your child is taken care of.

Autism is a highly complex disorder – one that not even scientists completely understand. You shouldn't set such parenting standards where you know exactly what to do.

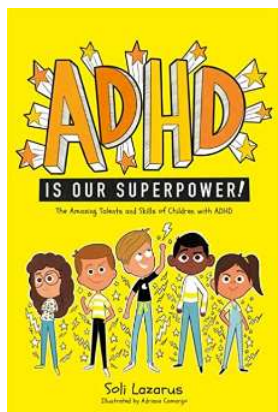
Just like your child, you are going to need a little bit of extra education to support your ASD child.



My Autism Book: A Child's Guide to their Autistic Spectrum Diagnosis – Gloria Dura-Vila and Tamar Levi

My Autism Book is a beautifully illustrated picture book that helps parents to explain an autism diagnosis to their child in a sensitive, positive and accurate way.

When a child is diagnosed with an Autism Spectrum Disorder (ASD), parents often feel overwhelmed and uncertain about how to communicate the diagnosis to their child. This book is designed to be read with the child as a simple introduction to their diagnosis. Written by a doctor and a children's author, the book is tailored precisely to the needs and experiences of the child with ASD aged 5-9. It explains what an autism diagnosis means and encourages an exploration of the child's likely strengths and differences using clear language that speaks directly to the child. The colourful pictures throughout show how the world looks from the child's perspective and the book ends with a summary checklist to encourage the child to record and discuss how autism affects them.



ADHD is our Superpower: The Amazing Talents and Skills of Children with ADHD – Soli Lazarus

If you have attention deficit hyperactivity disorder (ADHD), you might struggle with things like concentrating in school, or sitting still, or remembering lots of instructions. But ADHD is also a superpower.

In this book you will meet different girls and boys with ADHD who can do amazing things. You might recognise some of these strengths as things that you can do too! Some of these strengths help with everyday life, like being able to hyper-focus on a task or having boundless energy to try new things. Some strengths are superpowers for interacting with others, like having a strong sense of what is fair or entertaining friends and family to make them feel happy.

Each character also shares things that you can ask grown-ups to do to help you, like providing visual aids, creating calm spaces, communicating effectively and being kind and patient.