



EMBRACING AUTISM

RESOURCES LIST

General Resources for Parents

AUTISM: HOW TO RAISE A HAPPY AUTISTIC CHILD BY JESSIE HEWITSON

THE CURLY HAIR PROJECT WEBSITE, BOOK SERIES, AND FACEBOOK/INSTAGRAM PAGES
[HTTPS://THEGIRLWITHTHECURLYHAIR.CO.UK/](https://thegirlwiththecurlyhair.co.uk/)

CELEBRATING AUTISM WEBSITE:
[HTTPS://WWW.REFRAMINGAUTISM.COM.AU/](https://www.reframingautism.com.au/)

RESOURCES, BLOGS, AND WEBINARS FROM PROFESSOR TONY ATTWOOD:
[WWW.GARNETTANDATTWOODEVENTS.COM](http://www.garnettandattwoodevents.com)

UNIQUELY HUMAN - A DIFFERENT WAY OF SEEING AUTISM BY DR. BARRY PRIZANT.

NURTURING YOUR AUTISTIC YOUNG PERSON: A PARENT'S HANDBOOK TO SUPPORTING NEWLY DIAGNOSED TEENS AND PRE-TEENS BY CATHY WASSELL

NATIONAL AUTISTIC SOCIETY AUTISM SERVICES DIRECTORY: [**HTTPS://WWW.AUTISM.ORG.UK/AUTISM-SERVICES-DIRECTORY**](https://www.autism.org.uk/autism-services-directory)



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General Resources for Teens

THE AWESOME AUTISTIC GO-TO GUIDE: A PRACTICAL HANDBOOK FOR AUTISTIC TEENS AND TWEENS BY YENN PURKIS, TANYA MASTERMAN, EMMA GOODALL

THE ASD WORKBOOK: UNDERSTANDING YOUR AUTISM SPECTRUM DISORDER BY PENNY KERSHAW

NEUROTRIBES BY STEVE SILBERMAN (FOR OLDER TEENS AND PARENTS)

Teen Girls

THE SPECTRUM GIRL'S SURVIVAL GUIDE: HOW TO GROW UP AWESOME AND AUTISTIC BY SIENA CASTELLON

THE AUTISM-FRIENDLY GUIDE TO PERIODS BY ROBYN STEWARD

**PODCAST:
[HTTPS://HOWTOFAIL.PODBEAN.COM/E/HOW-TO-FAIL-SIENA-CASTELLON/](https://howtofail.podbean.com/e/how-to-fail-siena-castellon/)**



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General Resources 12s & Under

THE AWESOME AUTISTIC GO-TO GUIDE: A PRACTICAL HANDBOOK FOR AUTISTIC TEENS AND TWEENS BY YENN PURKIS, TANYA MASTERMAN, EMMA GOODALL

THE BOOK TRUST HAVE A SECTION FEATURING CHILDREN'S BOOKS WITH AUTISTIC CHARACTERS.

THE SUPERHERO BRAIN: EXPLAINING AUTISM TO EMPOWER KIDS BY CHRISTEL LAND

DIFFERENT LIKE ME: MY BOOK OF AUTISM HEROES BY JENNIFER ELDER

MY AWESOME AUTISM: HELPING CHILDREN LEARN ABOUT THEIR AUTISM DIAGNOSIS BY NIKKI SAUNDERS

ALL CATS ARE ON THE AUTISM SPECTRUM BY KATHY HOOPMAN

SOME BRAINS: A BOOK CELEBRATING NEURODIVERSITY BY NELLY THOMAS



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Resources for Young Children

SESAME STREET IS A CHILDREN'S TV SERIES WITH AN AUTISTIC CHARACTER, JULIA. THE WEBSITE CONTAINS HELPFUL INFORMATION AND VIDEOS FOR CHILDREN.

RED, A CRAYON'S STORY BY MICHAEL HALL

Anxiety Resources

ARTICLE BY DR LUCY RUSSELL: **AUTISM AND ANXIETY: SUPPORTING CHILDREN IN AN IMPERFECT WORLD**

10 STEPS TO REDUCING YOUR CHILD'S ANXIETY ON THE AUTISM SPECTRUM: THE CBT-BASED 'FUN WITH FEELINGS' PARENT MANUAL BY MICHELLE GARNETT, TONY ATTWOOD, LOUISE FORD, STEFANIE RUNHAM & JULIA COOK

Resources About Selective Eating

HELPING YOUR CHILD WITH EXTREME PICKY EATING: A STEP-BY-STEP GUIDE FOR OVERCOMING SELECTIVE EATING, FOOD AVERSION, AND FEEDING DISORDERS BY KATJA ROWELL



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School / Learning

ARTICLE BY DR LUCY RUSSELL: **EMPOWERING AUTISTIC CHILDREN: TOP 10 AUTISM CLASSROOM IDEAS FOR EVERY TEACHER AND PARENT TO KNOW**

SMART BUT SCATTERED: THE REVOLUTIONARY "EXECUTIVE SKILLS" APPROACH TO HELPING KIDS REACH THEIR POTENTIAL BY PEG DAWSON AND RICHARD GUARE

Sensory Processing

NO LONGER A SECRET: UNIQUE COMMON SENSE STRATEGIES FOR CHILDREN WITH SENSORY OR MOTOR CHALLENGES BY DOREIT S. BIALER AND LUCY JANE MILLER

SENSORY ISSUES AND HIGH-FUNCTIONING AUTISM SPECTRUM AND RELATED DISORDERS: PRACTICAL SOLUTIONS FOR MAKING SENSE OF THE WORLD BY BRENDA SMITH MYLES, KELLY MAHLER & LISA A. ROBBINS

INTEROCEPTION WEBSITE: **KELLY-MAHLER.COM**

ARTICLE BY DR LUCY RUSSELL: **10 BRILLIANT SENSORY ACTIVITIES FOR AUTISTIC TEENAGERS**



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Resources for Peers or Siblings

AMAZING THINGS HAPPEN VIDEO:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=RBWRRVW-CRO](https://www.youtube.com/watch?v=RBWRRVW-CRO)

EVERYBODY IS DIFFERENT: A BOOK FOR YOUNG PEOPLE WHO HAVE BROTHERS OR SISTERS WITH AUTISM BY FIONA BLEACH

COME MEET DRAYDEN BY DANA YOUNG-ASKEW AND CAMERON WILSON

Friendships and Relationships

ARTICLE BY DR LUCY RUSSELL: **AUTISM AND RELATIONSHIPS: SUPPORTING YOUNG PEOPLE**

BULLIES, BIGMOUTHS AND SO-CALLED FRIENDS BY JENNY ALEXANDER

SOCIAL SKILLS ACTIVITIES FOR KIDS: 50 FUN EXERCISES FOR MAKING FRIENDS, TALKING AND LISTENING, AND UNDERSTANDING SOCIAL RULES BY NATASHA DANIELS (AIMED AT PRIMARY LEVEL)

THE AUTISM SPECTRUM GUIDE TO SEXUALITY AND RELATIONSHIPS: UNDERSTAND YOURSELF AND MAKE CHOICES THAT ARE RIGHT FOR YOU BY DR EMMA GOODALL



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RESOURCES LIST

Language and Communication Resources

WWW.WINSLOWRESOURCES.COM THIS WEBSITE HAS A RANGE OF LANGUAGE RESOURCES INCLUDING HANEN, MORE THAN WORDS, VOCABULARY, INFERENCING, READING COMPREHENSION.

BLACK SHEEP PRESS HAS LOTS OF LANGUAGE, SPEECH AND SOCIAL COMMUNICATION RESOURCES.

WWW.BLACKSHEEPPRESS.CO.UK

Social Communication Resources

SCERTS: **WWW.SCERTS.COM**

SOCIAL THINKING - MICHELLE GARCIA WINNER:

WWW.SOCIALTHINKING.COM

Emotion Regulation Resources

THE ZONES OF REGULATION

[HTTPS://ZONESOFREGULATION.COM/INDEX.HTML](https://zonesofregulation.com/index.html)

ARTICLE: **[5 EMOTIONAL REGULATION ACTIVITIES FOR CHILDREN](#)**



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PDA and Low Demand Parenting Resources

WWW.PDASOCIETY.ORG.UK THE PDA SOCIETY HAS A BRILLIANT AND COMPREHENSIVE WEBSITE ALL ABOUT PATHOLOGICAL DEMAND AVOIDANCE (PDA).

A TEENAGER'S EXPERIENCE OF PDA: ISAAC RUSSELL
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=0GCXWBH2SAQ](https://www.youtube.com/watch?v=0GCXWBH2SAQ)

WHEN THE NAUGHTY STEP MAKES THINGS WORSE BY DR NAOMI FISHER AND ELIZA FRICKER

LOW DEMAND PARENTING BY AMANDA DIEKMAN

ALL ABOUT PDA: AN INSIGHT INTO PATHOLOGICAL DEMAND AVOIDANCE BY KATHY HOOPMAN - SUITABLE FOR PARENTS AND CHILDREN TO READ TOGETHER

Sleep Resources

DR LUCY RUSSELL'S SLEEP STRATEGIES ARTICLE:
[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/SENSORY-SLEEP-STRATEGIES/](https://www.theyarethefuture.co.uk/sensory-sleep-strategies/)

Autistic Burnout Resources

ATTWOOD & GARNETT ARTICLE ABOUT AUTISTIC BURNOUT:

[HTTPS://WWW.ATTWOODANDGARNETTEVENTS.COM/BLOGS/NEWS/UNDERSTANDING-AUTISTIC-BURNOUT-WHEN-THE-WORLD-BECOMES-OVERWHELMING](https://www.attwoodandgarnettevents.com/blogs/news/understanding-autistic-burnout-when-the-world-becomes-overwhelming)

BOOK: THE TEENAGER'S GUIDE TO BURNOUT:

[HTTPS://NAOMIFISHER.CO.UK/BOOKS/THE-TEENAGERS-GUIDE-TO-BURNOUT/](https://naomifisher.co.uk/books/the-teenagers-guide-to-burnout/)

Executive Functioning Resources

DR LUCY RUSSELL'S ARTICLE ON HELPING CHILDREN FOLLOW INSTRUCTIONS:

[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/CHILD-FOLLOW-INSTRUCTIONS/](https://www.theyarethefuture.co.uk/child-follow-instructions/)

DR LUCY RUSSELL'S ARTICLE ON EXECUTIVE FUNCTIONING:

[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/WHAT-IS-EXECUTIVE-FUNCTIONING/](https://www.theyarethefuture.co.uk/what-is-executive-functioning/)

DR LUCY RUSSELL'S ARTICLE ON DEVELOPING FLEXIBLE THINKING SKILLS IN KIDS:

[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/FLEXIBLE-THINKING-SKILLS-KIDS/](https://www.theyarethefuture.co.uk/flexible-thinking-skills-kids/)

Perfectionism & Growth Mindset Resources

VIDEO ABOUT HELPING KIDS TOLERATE UNCERTAINTY:
[HTTPS://WWW.INSTAGRAM.COM/AARONDININ/REEL/DF_XJILUGSV/?HL=EN-GB](https://www.instagram.com/aarondinin/reel/DF_XJILUGSV/?hl=en-gb)

VIDEO ABOUT GROWTH MINDSET:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=W6LLXTCVN9K](https://www.youtube.com/watch?v=W6LLXTCVN9K)

ARTICLE ON HELPING AUTISTIC CHILDREN DEVELOP A GROWTH MINDSET:
[HTTPS://WWW.NEUROSPECTRUM.INFO/POST/HOW-TO-HELP-YOUR-AUTISTIC-CHILD-DEVELOP-A-GROWTH-MINDSET](https://www.neurospectrum.info/post/how-to-help-your-autistic-child-develop-a-growth-mindset)

DR LUCY RUSSELL'S ARTICLE ON GROWTH MINDSET QUESTIONS FOR KIDS:
[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/GROWTH-MINDSET-QUESTIONS-FOR-KIDS/](https://www.theyarethefuture.co.uk/growth-mindset-questions-for-kids/)

DR LUCY RUSSELL'S ARTICLE ON MANAGING PERFECTIONISM:
[HTTPS://WWW.THEYARETHEFUTURE.CO.UK/PERFECTIONIST-CHILD/](https://www.theyarethefuture.co.uk/perfectionist-child/)