THE SEEN RESOURCE GUIDE:

Trusted Books, Podcasts,
Instagram Accounts to Support Parents
Raising Autistic Children

You Are Seen

The Resource Guide I Wish Someone Had Given Me After My Child's Diagnosis

If you're reading this, chances are you've found yourself navigating the complex, beautiful, exhausting, and sometimes overwhelming world of autism parenting.

And if I'm being honest... there's a good chance you're carrying a lot.

The appointments.
The researching.
The second-guessing.
The endless tabs open in your brain.

When my son was diagnosed, I spent countless hours trying to find the "right" information, trusted resources, supportive voices, and people who genuinely understood this journey.

So I created this guide to make things a little easier for you.
Inside, you'll find books, podcasts, websites, and Instagram accounts that have educated me, supported me, challenged my thinking, helped me feel less alone, and reminded me that there isn't one perfect way to do this journey.

You do not need to consume everything here.
Bookmark it.
Save it.
Come back to it when you need it.
Take what serves you.
Leave what doesn't.

Most importantly, know this:

You do not have to figure this all out alone.

Natalie x

BOOKS

You Are Seen

Understanding Autism & Your Child

Uniquely Human — Barry Prizant
The Autism Discussion Page — Bill Nason
Sincerely, Your Autistic Child — Emily Paige Ballou et al.
NeuroTribes — Steve Silberman
The Reason I Jump — Naoki Higashida
Disconnected Kids — Dr Robert Melillo
Watching Sarah Rise: A Journey with Autism
Barely Visible: Mothering a Son Through His Misunderstood Autism - Kathleen Somers
Super Heroes on the Spectrum - Rev. Jeannette Paxia and Dr. Crystal Morrison

Meltdowns, Regulation & Big Emotions

The Explosive Child — Ross Greene
Beyond Behaviours — Mona Delahooke
Self-Reg — Dr Stuart Shanker
The Whole-Brain Child — Daniel Siegel & Tina Payne Bryson
Low Demand Parenting — Amanda Diekman
The Opposite of Worry - Lawrence Cohen

Sensory Needs & Supporting Your Child to Thrive

The Out-of-Sync Child — Carol Kranowitz
The Out-of-Sync Child Has Fun — Carol Kranowitz
How Children Succeed — Paul Tough

Burnout, Mindset & Emotional Survival

Burnout — Emily & Amelia Nagoski
Rising Strong — Brené Brown
The Gifts of Imperfection — Brené Brown
Atlas of the Heart — Brené Brown
Untamed — Glennon Doyle
The Mountain Is You — Brianna Wiest
The Book You Wish Your Parents Had Read — Philippa Perry
Dream Big - Bob Goff

School, Supports & Navigating The System

Mainstream Primary Schooling Your Special Needs Child - Alicia Cohen
The Declarative Language Handbook — Linda Murphy
PDA by PDAers — Sally Cat
The Loving Push — Temple Grandin & Debra Moore
From Emotions to Advocacy — Pamela Braley & Sarita Freedman
The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents) — Elizabeth Verdick & Elizabeth Reeve
The Independent Child — Laurie Hollman

PODCASTS

You Are Seen

Autism & Neurodivergence

Everyday Heroes: Insights from Parents and Experts
The Telepathy Tapes
The School Can’t Experience
The Autism Helper Podcast
The Autism Dad Podcast
Autism Little Learners
Uniquely Human: The Podcast
The Sue Larkey Podcast
The Thought Spot

ADHD & Neurodivergence

ADHD Experts Podcast
How To ADHD Podcast
Translating ADHD
Hacking Your ADHD
Parenting Autism and ADHD
Beautifully Complex

Regulation, Behaviour & Parenting Support

Good Inside with Dr Becky
The Child Psych Podcast
Raising Good Humans
The Whole Parent Podcast
Your Parenting Mojo
Connected Parenting

Parent Burnout, Mindset & Emotional Survival

The Mel Robbins Podcast
On Purpose
Feel Better, Live More
The Imperfects
The Model Health Show
The School of Greatness

INSTAGRAM ACCOUNTS

You Are Seen

Instagram Accounts That Taught Me, Supported Me & Changed How I See Autism

Please note: Some of these accounts share professional expertise, while others share personal lived experience, practical strategies, or alternative perspectives. Take what resonates, stay curious, and trust your own judgement.

@raisinglittletalkers
@neurodivergent_lou
@neurodivergent.insights
@honestlyadhd
@the.indi.app
@sanguinecrew
@the_family_apothecary
@continencehub
@thepaediatricnaturopath
@drrobertmelillo
@sharonmselby
@the.quantum.kid
@watersafetywithmissdayna
@thetelepathytapes
@jordiepieface
@autismdietitian
@brainfit_kids_australia
@australianautismhandbook
@additivefreelifestyle
@rachelbaileyparenting
@neuroinclusion.au

One Last Thing Before You Go…

If there's one thing I've learned on this journey, it's that support matters.

Not just support for your child.
Support for you.

Because raising an autistic child can feel isolating, overwhelming, and like you're constantly trying to piece together answers from a hundred different places.

That's exactly why I created ***The Seen Collective.***

A membership where parents of autistic children can access trusted experts, practical strategies, lived experience, resources, and a community that truly understands.

A place to ask questions.
Learn.
Feel supported.
Connect with experts.

Hear what's working for other parents.
Access practical resources without spending hours trying to piece it all together yourself.

Until then, be gentle with yourself.
You're doing better than you think you are.

Natalie Karras
You Are Seen