



### **Books that explore Autism for Parents and Carers**

- Autism in Children - Dr Luke Beardon
- Supporting Autistic Girls and Gender Diverse Youth - Yellow Ladybugs
- The Reason I Jump - Naogi Higashida
- I Will Die on This Hill - Jules Edwards and Meghan Ashburn
- Your Child is Not Broken - Heidi Mavir
- Uniquely Human - Dr Barry Prizant (updated edition)
- Championing Your Autistic Teen at Secondary School - Debby Ellen
- Supporting Children and Young People Through Autistic Burnout - Viv Dawes
- Untypical – Pete Warmby
- Ido in Autismland - Ido Kedar
- Sincerely, Your Autistic Child - AWN
- The Explosive Child - Dr Ross Greene (not ND specific but very relevant)
- Neurotribes - Steve Silberman
- We're Not Broken - Erica Garcia
- Different, Not Less - Chloe Hayden
- The Family Experience of PDA - Eliza Fricker
- We would also recommend the teen/tween book list for parents/carers.

*Please note, we do our best to signpost to neuroaffirmative websites, resources and pages. Please do contact us if any of the websites, resources or pages from this list do not meet this standard. This list is not exhaustive.*



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