**Book recommendations for parents and carers include:**

* ‘Nurturing Your Autistic Young Person: A Parent’s Handbook to Supporting Newly Diagnosed Teens and Pre-Teens’ by Cathy Wassell
* ‘Parenting Girls on the Autism Spectrum’ by Eileen Riley-Hall
* ‘The Parent's guide to managing anxiety in children with Autism’ by Raelene Dundon
* ‘The Asperger’s and Me: Girl with the Curly Hair’ – part of a series of visual guides to Autism by Alis Rowe
* ‘The reason I jump’ by Naoki Higashida
* ‘How to raise a Happy Autistic Child’ by Jessie Hewitson
* Raising the Sen-Betweeners by Lisa Lloyd

**Some book recommendations for younger children include:**

* ‘The Girl Who Thought in Pictures’ by Julia Mosca (6-8 y.o.)
* ‘The Ice-Cream Sundae Guide to Autism: An Interactive Kids' Book for Understanding Autism’ by Debby Elley (7-11 y.o.)

**Some reading recommendations for older children (9 +) include:**

* ‘A Perfectly Weird Guide to Being Perfectly You: Growing Up Autistic and Happy’ by Camilia Pang

**Some book recommendations for older teens include:**

* ‘Funny, You don’t look autistic’ by Michael McCreary – a lighthearted look by a young comic with Autism.
* I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults by Cynthia Kim. An Aspie ‘beginner’s manual’ with links to resources suggestions. Cynthia Kim’s story about that huge minefield of getting a diagnosis on the autism spectrum and in sharing her journey of self-discovery and learning about herself with acceptance.
* Standing Down Falling Up; Asperger's Syndrome from the Inside Out by Nita Jackson.
* Sisterhood of the Spectrum by Jennifer Cook O’Toole.
* A Kind of Spark by Elle McNicoll. This has also been made into a tv show on BBC iPlayer
* Can You See Me? Expected to fit in, proud to stand out by Libby Scott and Rebecca Westcott.
* Untypical: How the world isn’t built for autistic people and what we should all do about it, by Pete Wharmby

**Books and resources for parents of children struggling with anxiety, emotional regulation, behaviour and/or school attendance:**

* Avoiding Anxiety in Autistic Children- Dr Luke Beardon
* The Explosive Child – Ross Green
* Raising Kids with Big Baffling Behaviours – Robyn Gobbel
* A different Way to Learn – Naomi Fisher
* When the Naughty Step Doesn’t Work – Naomi Fisher and Eliza Fricker
* Dr Naomi Fisher – [Dr. Naomi Fisher](https://naomifisher.co.uk/)
* Eliza Fricker - [Missing the Mark with Eliza Fricker - author & illustrator, advocate & consultant for PDA, autism and learning](https://missingthemark.co.uk/)

**Websites and resources we recommend:**

* [Autism Central for Parents and Carers | Autism Central](https://www.autismcentral.org.uk/) – links to support for families and parents/carers and can search under your post code for local support.
* *Young Experts Panel* - [Autistic Young Experts Panel | Autism Education Trust](https://www.autismeducationtrust.org.uk/about/autistic-young-experts-panel) – an advisory board that supports autistic young people in education by feeding back into the direction of research.
* *Autism Understood* - [www.autismunderstood.co.uk](http://www.autismunderstood.co.uk) is a website created by autistic teenagers that describes autism and autistic difference in their own words, helping others understand their diagnosis/autistic difference.
* *PDA North London* - [PDA North London - PDA Society Resources](https://www.pdasociety.org.uk/resources/pda-north-london/) is a parent group for demand avoidant young people, which meets monthly in North London.
* *The Autistic Girls Network* - [Welcome to the | Autistic Girls Network](https://autisticgirlsnetwork.org/) is a charitable service that supports autistic girls and provides education on the female autistic experience.
* *Mindjam* - [Mentoring | MindJam](https://mindjam.org.uk/services/mentoring/) – is a mentoring service designed to support young people’s wellbeing through gaming .