

Helpful information about Autism

Specialist Children's Services

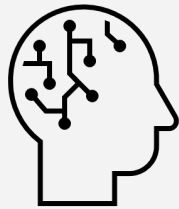
You matter most



If you would like this document in a different format, for example large print, audio CD, Braille, or in another language, please do contact us.

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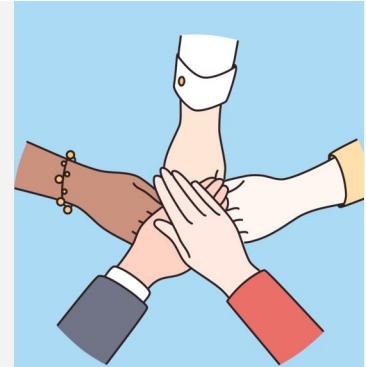
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What is Autism?



Autism is a word that describes part of the natural variation in how humans think and understand the world. Another word for variation is diversity. Many people have heard of the word biodiversity – this is the variation in living things (e.g. plants and animals).

We know that our world and its environment is strongest when there is a great variety of plant and animal life – biodiversity is important for the survival of our world. We also know that different plants and animals have different needs. If they don't have access to the things they need to thrive, they can struggle to grow and develop properly.



Take trees for example:



Willows
grow best
near water.



Palm trees
prefer dry
soil.



Pine trees
need
sunshine.



Maples
don't mind
shade.



The human world is very similar – we have great variety in how our brains work, our interests, skills and abilities.

Variation in how brains work is called

neurodiversity.

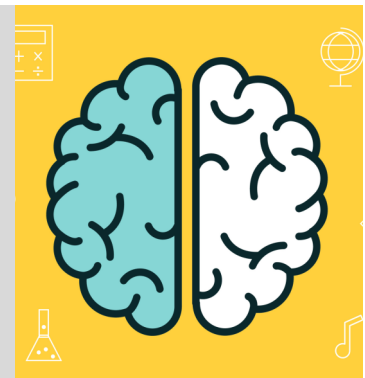


Some people have brains that encourage them to seek to move their bodies in physical ways; want to meet lots of new people; and go to new places.



Other people might enjoy familiar places and people; love solving maths problems; or even creating artwork.

The human world is much stronger when we have diversity. Different brains contribute enormously to the world and help humans to be better at problem solving, coming up with new ideas and adapting to different challenges.



Autism is one kind of neurodiversity. Autistic people share some similarities in how their brains work.



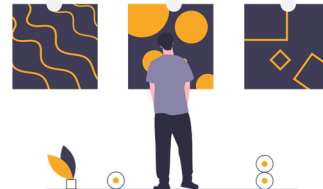
...how they enjoy spending time with other people (e.g. enjoying their own company more than others their age, or having to work harder than other people to make new friends)



...how they prefer to communicate (e.g. some people prefer not to use words, others might love to talk at length about their hobby)



...having to work harder to imagine and react to other people's feelings or attitudes



...often enjoying familiar surroundings and patterns more than seeking out new experiences



...having special interests/ hobbies and great attention to detail



...experiencing certain sensations as overwhelmingly terrible or lovely (e.g. disliking loud noises or loving bright lights)

Just like trees, humans need an environment that suits their unique needs in order to thrive. Autistic people have the right to adjustments to take into account their strengths and the challenges they face growing up a world that's made for the majority.

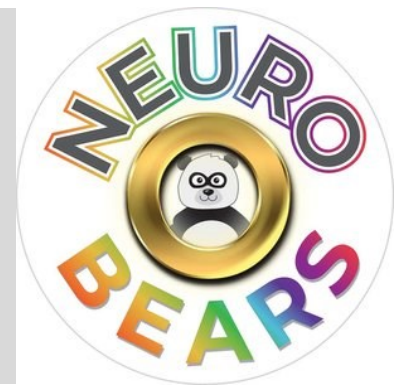


Below are some resources to help understand what autism is, written by autistic people themselves:

Neuro Bears

YouTube video aimed at young autistic people at pre-school or primary school age to educate and increase understanding of their autistic experience.

Website: [www.youtube.com/watch?v= 490q6LaHIY](https://www.youtube.com/watch?v=490q6LaHIY)



Amazing Things Happen

YouTube Video that introduces autism and aims to raise awareness for non-autistic young people. Great resource to share with parents and teachers.

Website: amazingthingshappen.tv/?projects=amazing-things-happen

Immie's Signs to Spot Autism

YouTube video where Immie discusses her diagnosis, experience in education, 'masking' and spotting undiagnosed autism.

Website: www.youtube.com/watch?app=desktop&v=hqioYJGbpNs



The Key that Unlocked my world

Ted Talk by Elisabeth Wiklander in which she talks about her autistic experience and successful everyday life.

Website: www.youtube.com/watch?v=Qvvrme5WlwA-



Why everything you know about autism is wrong

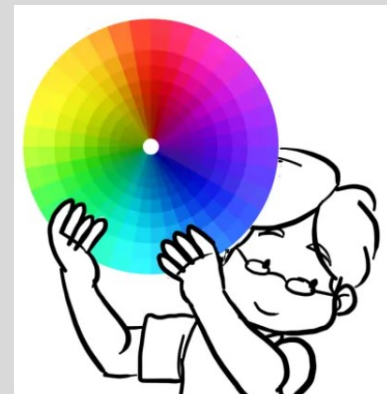
Ted Talk in which Jac den Houting talks about how getting diagnosed was the best thing to happen to her.

Website: [www.ted.com/talks/jac den houting why everything you know about autism is wrong?language=en](https://www.ted.com/talks/jac_den_houting_why_everything_you_know_about_autism_is_wrong?language=en)

Understanding the Spectrum

A comic strip explanation of what autism is by Rebecca Burgess. Suitable for children and adults 8+.

Website: the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/



Autistic Self-Advocacy Network

Description of autism and what autistic people may have in common. Aimed at teenagers and adults.

Website: <https://autisticadvocacy.org/about-asan/about-autism/>

What help and support is available?

Money, benefits and allowances



Disabled Students Grant: if you have a disability, health condition or learning difficulty e.g. dyslexia.

www.gov.uk/disabled-students-allowances-dsas



Carer's Allowance: if you care for someone for more than 35 hours a week, you are entitled to this.

<https://www.gov.uk/carers-allowance>



Sunflower Lanyards: widely recognised and can be worn to identify hidden disabilities showing that adjustments may be needed

<https://hdsunflower.com/>



Cinema Card: Free national cinema card for carers, £6.00 per year. Autism Friendly Cinema showings in Odeon cinemas monthly.

www.ceacard.co.uk/



Family fund: The largest provider of grants to low income families. They also give grants for sensory toys, computers and family breaks together.

<https://www.familyfund.org.uk/>



National Autistic Society: You can make an appointment to talk to someone who can help you with the benefits process.

<https://www.autism.org.uk/advice-and-guidance/topics/benefits-and-money>



Citizen Advice Bureau:

free confidential impartial advice on benefits, debt, housing, help filling out the DLA form etc

Adviceline (England): 0800 144 8848

<https://www.citizensadvice.org.uk/>



Carers' resource and Carers plus:

Offer support and advice for carers on benefits entitlement, DLA, planning for the future and more.

<https://www.carersplus.net/>

<https://www.carersresource.org/>

Cerebra: They can help with grants, sensory toys, books, sleep management and more. They can also offer DLA claims.



- <https://cerebra.org.uk/>
- Email enquiries@cerebra.org.uk
- 08003281159

Education:



If your child has a diagnosis of Autism, it can sometimes seem difficult to know what the best options are. Knowing how or where they should be taught can be a big worry.

Some autistic children thrive within their local mainstream school, with support from specialist support and outreach services. Others may need additional support perhaps through an EHCP (Education Health Care Plan) and some may be educated in a Special school depending on their needs.



The key to success is to ensure any barriers to learning are removed so that all children achieve their potential. The Special Educational Needs Coordinator (SENCO) is the teacher in school with responsibility for the special educational needs policy. This ensures that the school meets the needs of children with a special educational need.



North Yorkshire Council SEND Information Support Service

<https://www.northyorks.gov.uk/send-local-offer>



Portage: this is a home-visiting educational service for pre-school children with additional support needs and their families

www.portage.org.uk

The **Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS)** offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). This service is also offered directly to young people.

The service is **free, impartial** and **confidential**.



SENDIASS



KIDS SENDIASS have developed resources providing information and advice for parents, carers, professionals and young people.

It is a legal requirement that all local authorities have a SENDIASS service and KIDS provide a number of these services across the country. Each KIDS SENDIASS service has a local page with their contact details, local information and local resources.



Education Rights Helpline:

can help provide info on general educational rights and entitlements as well as getting extra help in school, assessments, education plans, reviews or school transport.

<https://www.autism.org.uk/what-we-do/help-and-support/education->



Mainstream or Specialist School?

Decide what is best for your child in terms of peer groups, learning opportunities, adjustments, staff understanding etc.

<https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/guide-requesting-place-specialist-school-or-college>

Home-Schooling: If your child has SEN and attends a special school, you'll need to get the council's permission to educate them at home. For more information, see these websites:

<https://www.gov.uk/home-education>

<https://www.autism.org.uk/advice-and-guidance/professional-practice/home-education>



Wellbeing:



The website below includes contact details for all children's health services. This includes The Healthy Child Team, CAMHS, Speech and Language Therapy, Occupational Therapy, Physiotherapy etc.

<https://northyorkshireccg.nhs.uk/>



Emotions and Autism Worksheet: to help understand your wellbeing and use different strategies in the moment or in the longer-term

www.yorks.ac.uk/emotions



Recovery College Online: resources to help when struggling with mental health/in a mental health crisis and how to support someone else

www.recoverycollegeonline.co.uk



The Go-To for Healthy Minds in North Yorkshire: to help find the right support no matter what is going on in your life

www.thegoto.org.uk



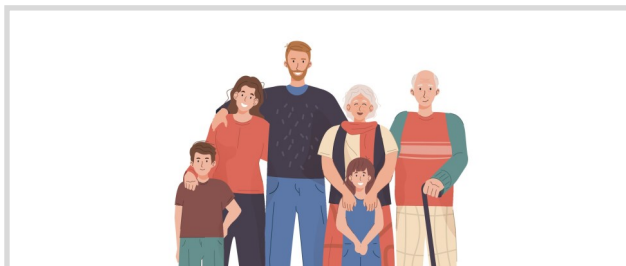
Young Minds: providing young people with tools to help support their mental health. Also has resources for others to support young people

www.youngminds.org.uk/



CAHMS Resources: For Mental Health and Wellbeing

<https://www.camhs-resources.co.uk/downloads?fbclid=IwAR3t66W03wPMps4pTcl4t39iZl2oVsKgEx7PiCvo6vbC53qWTHv91al-xjk>



Children & Family Hubs: provides a list of different family support in different locations

<https://www.northyorks.gov.uk/children-and-family-hubs>

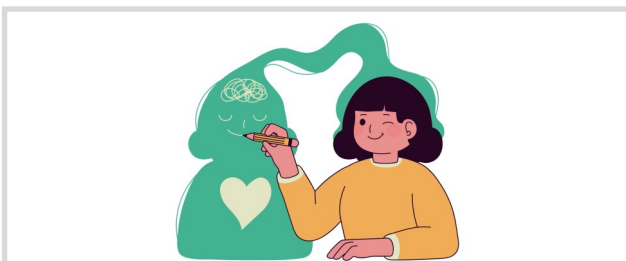


The Sleep Charity: provides 1:1 sleep clinics via telephone or online

Email: claire@thesleepcharity.org.uk

Tel: 07568 052 300

<https://thesleepcharity.org.uk/>



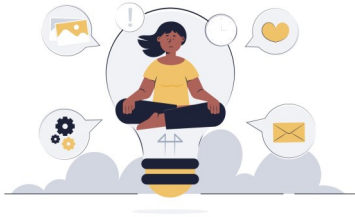
Calm Harm App: this app helps fade feelings of self-harm through activities and helps break the cycle of self-harm

<https://calmharm.co.uk/>



Parent Carer Voice UK (formerly NY-PACT): support for parent carers, reducing isolation through events and

<https://www.parentcarervoiceuk.org/>



Autistic Mental Health: Improving access to mental health support for autistic people, by autistic people

<https://autisticmentalhealth.uk/for-autistic-folx/>



Mindfulness: if practiced regularly, this technique can become automatic and can be used to reduce anxiety

<https://www.smilingmind.com.au/mindfulness>



Solihull Approach: helps to better understand a young person's development and emotional well-being. Online courses for parents. Register using the code NYFAMILIES at:

<https://inourplace.co.uk>



Libraries: You can ask at your local NYCC for the self-care toolkit, stim kits, wellbeing bags and more to help young people's wellbeing

<https://www.northyorks.gov.uk/leisure-tourism-and-culture/libraries/help-health-and-wellbeing-your-library>

Unlocking Autism: Assisting parent understanding of autism, communication and sensory needs. Online course including session on behaviour, emotional regulation, communication, sensory differences and providing strategies to support

<https://nyes.info/>



The Emotional Health and Resilience Team: a service for 6-19 year olds experiencing low-moderate level emotional health issues. They offer face to face or virtual support for low mood, anger, anxiety, self-esteem, resilience building, managing emotions and behaviour

Telephone: 0300 303 0916

Email referrals to: hdft.0-19nyorks@nhs.net

You can find the referral form here: <https://www.hdft.nhs.uk/content/uploads/2023/06/Emotional-Health-Resilience-Referral-Form-.pdf>



Local wellbeing and support groups:



NAS Harrogate & District Branch: offers support to families with an autistic member in this area

<https://www.autism.org.uk/what-we-do/branches/nas-harrogate-and-district-branch>



Supporting Special Families

Ohana: Family support group/activities for children in Ripon and the surrounding area

<http://ohanacharity.co.uk>
welcome@ohanacharity.co.uk
07367 439529 (Martin)



Daisy Chain: provide activities and groups for autistic children and young people and their families who live in the Tees Valley area

www.daisychainproject.co.uk

01642 531248

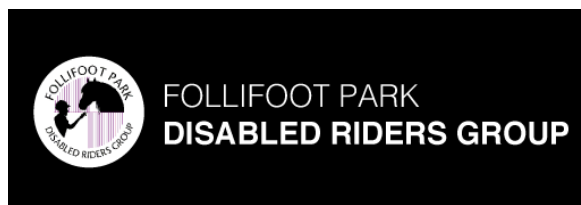


Harrogate Games Zone: inclusive games club for ages 8-18 years, please call before attending!

01423 883992

office@time-together.org

Facebook page: 'Harrogate Games Zone'



Follifoot Park Riding Group: Horse riding for children with a wide range of disabilities.

www.follifootparkdrg.org.uk

01423 546161



Springboard Youth Club: Youth club at Fairfax Wellbeing Hub, Harrogate for children 10 – 19 years in Mainstream education.

Tel: 07525 988145, 556719 (Danielle Mulholland)

POSCH: free service for families with additional needs children. POSCH offers a 'listening ear' and safe space for families through support groups and parent to parent connections.

www.posch.org.uk

Facebook: PoschSupport



Parents + Carers of Special Children

Sports activities in North Yorkshire for Autism

Website: www.northyorkshiresport.co.uk

North Yorkshire County Council website has lots of information on useful resources, support groups, activities and the children and family hubs in your local area. There are resources tailored to autism, as well as social, emotional, and mental health groups. Resources are available for young people and parents/carers.



[https://
www.northyorks.gov.uk/
children-and-families](https://www.northyorks.gov.uk/children-and-families)

Healthy Parent Carers – support group

For parent Carers of children with additional needs or a disability who would like to take positive actions to improve their own health and wellbeing.
10 week (2hr sessions, group based) online programme available in the Humber and North Yorkshire region

Created by Parent Carers, delivered by Parent Carers and for Parent Carers
Email: communityofexperience@kids.org.uk or Phone: 01482 467540

Neurodiverse Community Catterick:

Non-profit organisation that supports neurodivergent adults, children and parent carers

A range of services and support including in person and online support groups, adult/family events, advocacy, training and sensory support

Website: <https://ndccatterick.co.uk/>

Helping prepare for transitions:

There are a range of resources which can be invaluable in supporting children and young autistic people through major transition points in their lives.



A key resource is the Transition Tool Kit (Autism Education Trust): [Resources to Support Autistic Children and Young People \(autismeducationtrust.org.uk\)](https://autismeducationtrust.org.uk)

This Tool Kit provides a wealth of practical strategies and advice across various stages of transition. The ideas and strategies suggested in the toolkit will need to be adapted to be applicable in different situations and with different ages and levels of understanding.

In addition, below is a website from **STARS** (Specialist Training in Autism and Raising Standards) which although is aimed more towards school staff, it provides information about how school and families can work together to provide the best transitions for young autistic people whilst recognising activities and steps that can be taken to support transition.

There is also a transition booklet for year 6 students to complete prior to moving to secondary school. Follow the following thread on the website to find it:

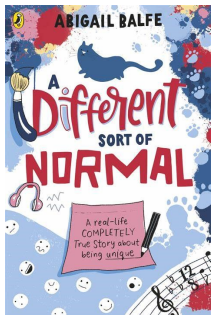
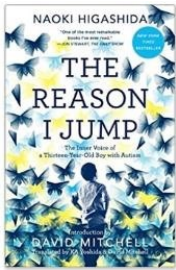
resources> coronavirus resources> transition resources> 'Transition booklet Primary to Secondary following lockdown'. www.starsteam.org.uk



Books, Websites and apps:

Disclaimer:

Although many of these books have been read and recommended by the team, we advise you undertake your own further research into these books before deciding if they will be beneficial and appropriate for you.

Book	Synopsis
<u>Start here: Introductory reads</u>	
<p>A Different Sort of Normal by Abigail Balfe 2021</p>  <p>Available as an audiobook</p>	<p><i>The beautiful true story of one girl's journey growing up autistic - and the challenges she faced in the 'normal' world.</i></p> <p><i>I'm not like the other children in my class... and that's an actual scientific FACT.</i></p> <p><i>Hi! My name is Abigail, and I'm autistic. But I didn't know I was autistic until I was an adult-sort-of-person*.</i></p> <p><i>This is my true story of growing up in the confusing 'normal' world, all the while missing some Very Important Information about myself.</i></p> <p><i>There'll be scary moments involving toilets and crowded trains, heart-warming tales of cats and pianos, and funny memories including my dad and a mysterious tub of ice cream. Along the way you'll also find some Very Crucial Information about autism.</i></p> <p><i>If you've ever felt different, out of place, like you don't fit in... this book is for you.</i></p> <p><i>*I've never really felt like an actual-adult-person, as you'll soon discover in this book...</i></p>
<p>Ten Things Every Child with Autism Wishes You Knew by Ellen Notbohm 2019</p> 	<p><i>An Award-winning bestseller gets even better! Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humor and compassion, the book describes ten characteristics that help illuminate-not define-autistic children.</i></p> <p><i>This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.</i></p>

The Reason I Jump
by Naoki Higashida 2014



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Communication

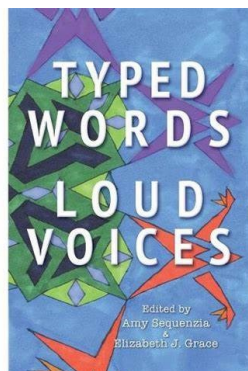
Thriving with Autism: 90 Activities to Encourage Your Child's Communication, Engagement, and Play by Katie Cook Med 2020



To help you in your efforts to help your child flourish, this book has 90 playful, evidence-based activities. Thriving with Autism provides an easy, effective toolbox to supplement and support the developmental work parents and caregivers are doing with their children. These solutions are designed for kids with autism from ages 1 to 11. The benefits can last a lifetime.

From building better conversation abilities to strengthening social skills, Thriving with Autism delivers practical, everyday ways to connect, encourage, and play. Featuring exercises like Acts of Friendliness, The Human Burrito, and Emotional Charades, this comprehensive guide encourages your child with autism to boost their communication, engagement, and self-regulation skills.

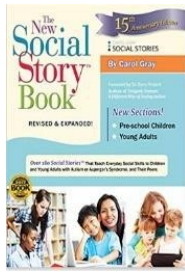
Typed Words Loud Voices by
Various Authors, edited by Amy
Sequenzia and Elizabeth Grace
2017



"I'd like coffee, please." "No. I don't believe you. How do I know it is really you who wants coffee and not your friend there subliminally transmitting that to you by touching your shoulder?" Imagine a world where you had to prove you knew your own mind even to get a cup of coffee, where it was generally assumed that you could have no thoughts of your own, so if you did express your thoughts, it must be some trick. What would you do? Would you give up, or demand to be heard? Sadly, this world is not imaginary for many of the writers in this book, who have chosen the path of demanding to be heard. Their best (and sometimes only) mode of communication is sometimes called "discredited" because it was "tested" in ways that make no sense.

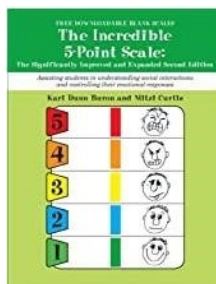
Typed Words, Loud Voices is written by a coalition of writers who type to talk and believe it is neither logical nor fair that some people should be expected to prove themselves every time they have something to say. Read our arguments and hear us. Help us change the world.

*The New Social Story Book
by Carol Grey 2015*



Since the early 90s, Carol Gray's world-famous Social Stories have helped thousands of autistic children spectrum disorders. This 15th Anniversary Edition of her best-selling book offers over 180 ready-to-use stories that parents and educators have depended on for years, (see online synopsis for new added sections). Developed through years of experience, these strategically written stories explain social situations in ways children and adults with autism understand, while teaching social skills needed for them to be successful at home, school, work, and in the community.

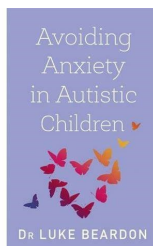
*The Incredible 5 Point Scale
by K Buron 2012*



Buron and Curtis let readers benefit from work done with the scales over the past 10 years, to result in refinements to the original scales, now considered classics in homes and classrooms across the country and abroad, as well as lots of new scales specifically designed for two groups of individuals: young children and those with more classic presentations of autism, including expanded use of the Anxiety Curve. Another welcome addition is a list of goals and objectives related to incorporating scales in students. As in their other writings, the authors emphasise the importance self management and self-regulation, two evidence-based practices.

Emotions/wellbeing

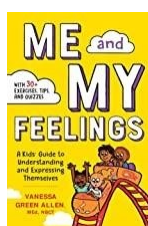
Avoiding anxiety in autistic children' by Dr Luke Beardon 2020



One of the biggest challenges for the parent of any autistic child is how best to support and guide them through the situations in life which might cause them greater stress, anxiety and worry than if they were neurotypical.

As the parent of an autistic child, you may find their path to adulthood different to the one you had expected to take, but as this book makes clear, autism should be celebrated and affirmed. Avoiding Anxiety in Autistic Children helps you to do just that, with practical strategies that will help happiness, not anxiety, remain the over-riding emotion that colours your child's memories of their early years.

*Me and My Feelings: A Kids' Guide to
Understanding and Expressing
Themselves by Vanessa Green
Allen 2019*



Sometimes, emotions like anger, jealousy, or excitement can seem too big to keep inside. Me and My Feelings is here to tell you: It's okay to have big feelings. And the good news is, you can calm down those strong emotions-so you won't feel like you're going to explode! This book shows you how to stay in control-by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal with all kind of feelings, including the hard ones like sadness, anxiety, or even fear. (See online synopsis for more information). With Me and My Feelings, the next time your big feelings get too big-you'll know just what to do!

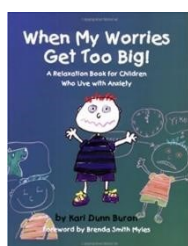
The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner 2014



From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress.

Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety by Keri Dunn Buron 2006



More than any other issue, 'losing control' can cause major problems for children. Through the irresistible character of Nicholas, this book gives young children an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques. Children who use the simple strategies presented in this charming book, illustrated by the author, will find themselves relaxed and ready to work or play.

Sensory

Sensory Parenting for Sensory Children by Tanya van Dalen 2023

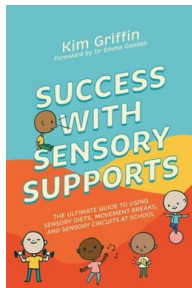


Tanya van Dalen
Illustrated by Ingrid Cutting

When your child dysregulates, half the battle is managing your own response. In the moment, you're at the mercy of many competing feelings: embarrassment, fear, panic, exhaustion. Being able to recognise your own triggers and behaviours in order to stay calm and provide the best support to your child, is not a skill that comes easily.

Helping parents and carers to reflect on themselves, think about how they manage sensory meltdowns and give them some simple ideas on how to manage their own emotions in order to help their child, this is a short and simple guide for those that parent or care for a child with sensory needs, or a sensory processing disorder (SPD). Drawing on Porges' polyvagal theory, and using easy-to-follow animal analogies, this will empower parents to build empathy for their child, and themselves.

Success with Sensory Supports: The ultimate guide to using sensory diets, movement breaks, and sensory circuits at school by Kim Griffin 2023

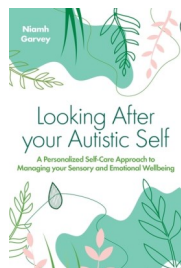


Sensory needs are being recognised as a vital part of learning, development and engagement within the classroom and are being used more often to make education both accessible and fun. To harness the full potential of sensory supports, using these strategies correctly is key!

This is the essential guide to using sensory strategies successfully with school children, from occupational therapist, Kim Griffin, who has 20 years of experience supporting sensory needs.

As you make your way through the book, you will be joined by Isla and Noah, two children whose stories will help illustrate how information in the book can be used practically. In addition, the book includes personal anecdotes from Kim, links to further reading, reflective questions and teacher perspectives to show how a teacher might use the information in the classroom. These features will help you easily identify sensory needs and use sensory tools effectively.

Looking After Your Autistic Self: A Personalised Self-Care Approach to Managing Your Sensory and Emotional Well-Being by Niamh Garvey 2023



'I no longer try to mask my autism; I now work to support my autism'

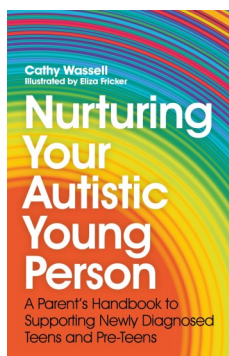
It is a myth that autistic children grow into 'less autistic' adults. In fact, many autistic adults feel more overwhelmed as they age as the stresses of social demands such as relationships, parenting, or the work environment increase.

Niamh Garvey offers tips and tricks designed to reduce sensory and emotional stress and look after your autistic self. From understanding what's happening when the stress response kicks in to using the 'detective habit' to spot your individual strengths and triggers. What's more, every element of this book can be personalised to you.

Featuring strategies including 'quick calm plans' for managing triggers and lived-experience advice on understanding emotional regulation, coping with sensory overload and how to look after your senses during intimacy, this guide is here to ensure that you don't just survive adulthood, you thrive in it.

Parenting

Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens by Cathy Wassell 2022 (for parents)



As the parent of a child recognised as autistic as a pre-teen or teen, it can often feel difficult to find the answers you need. Children who make it to late primary/early secondary age before being picked up by the system tend to present with traits that are harder to spot, meaning it can be harder to engage professionals in the diagnostic process and gather the necessary support.

Cathy Wassell, CEO of Autistic Girls Network, has tailored this handbook to support parents with older children or teenagers who are at the identification stage, walking them through the basics in an engaging and accessible manner. She addresses key challenges for this age group, including co-occurring conditions, puberty, and safeguarding, as well as looking to the future, advising on schooling options, and beyond.

Designed to help parents become fully informed and ensure a nurturing and positive environment for our autistic young people, this is a guide with a focus on difference - not deficit.

**YOUR CHILD IS NOT BROKEN:
Parent Your Neurodivergent
Child Without Losing Your Mar-
bles** by Heidi Mavir 2022



Great for parents of autistic chil-
dren/young people – available as
an audiobook

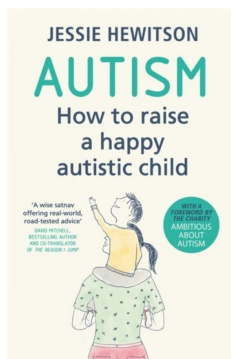
Part autobiography, part parenting manual, "Your Child Is Not Broken" is a no-holds-barred account of Heidi Mavir's discovery of her child's neuro-divergence.

It is the funny, irreverent and brutally honest story of Heidi's fight to be seen, heard, and supported, whilst swimming against a tide of parent blame, ableist stereotypes, and the weight of other people's opinions. It is the book no one has dared write but every parent needs to read. "Your Child Is Not Broken" is an unapologetic call to arms for parents and carers of Autistic, ADHD, or otherwise neurodivergent children.

"Your Child Is Not Broken" is for you if:

- You love or care for a neurodivergent child or young person.
- You are a wrung-out, worried parent who has had enough of no one listening.
- You lack the confidence to trust your gut.
- You wish you had the gumption to tell a few more people to bugger off.
- You need to know you are not alone.

**Autism: How to raise a happy
autistic child** by Jessie Hewitson
2018



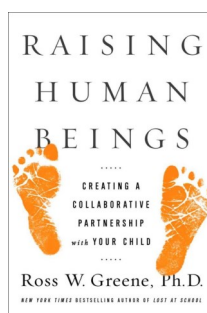
For the parents of autistic young
people

Written by Jessie Hewitson, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder.

It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. Autism looks at the condition as a difference rather than a disorder and includes guidance on:

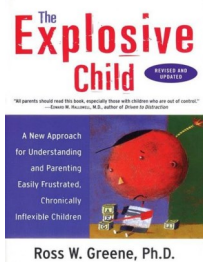
- What to do if you think your child is autistic
- How to understand and support your child at school and at home
- Mental health and autism
- The differences between autistic girls and boys

Raising Human Beings by Ross
W. Greene 2017



In Raising Human Beings, Dr. Greene helps parents maintain the balance between helping kids figure out who they are – their skills, preferences, beliefs, values, personality, goals and direction – and ensuring that kids benefit from parents' experience, wisdom, and values. His collaborative, non-punitive, non-adversarial approach helps parents reduce conflict, enhance parent-child communication, and forge a partnership with their kids, and also helps foster skills on the more positive side of human nature: empathy, appreciating how one's behavior is affecting others, resolving disagreements in ways that do not involve conflict, taking another's perspective, and honesty

The Explosive Child by Ross W. Greene 2014



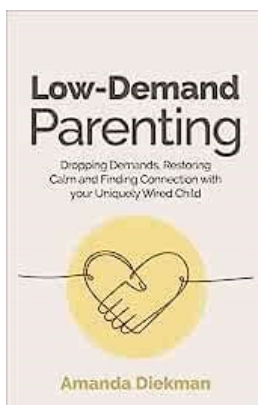
What's an explosive child? A child who responds to routine problems with extreme frustration—crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. A child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. Most of these parents have tried everything—reasoning, explaining, punishing, sticker charts, therapy, medication—but to no avail. They can't figure out why their child acts the way he or she does; they wonder why the strategies that work for other kids don't work for theirs; and they don't know what to do instead.

Dr. Ross Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, has worked with thousands of explosive children, and he has good news: these kids aren't attention-seeking, manipulative, or unmotivated, and their parents aren't passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting.

Throughout this compassionate, insightful, and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

Pathological Demand Avoidance (PDA)

Low Demand Parenting by Amanda Diekman 2023



For parents

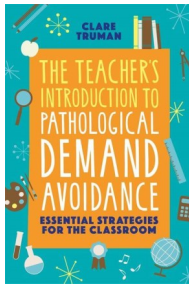
"Low-demand parenting requires radical acceptance. It says to the kid right in front of you, I see you, just as you are. - You are ok here. I love you right here."

Parent to neurodivergent children and autistic adult, Amanda Diekman, outlines a parenting approach that finally lowers the bar for the whole family, enabling the equilibrium of the home to be restored.

Low-demand parenting allows you to drop the demands and expectations that are making family life impossible and embrace the joyful freedom of living life with low demands. It can be a particularly effective approach for children with high anxiety levels including neurodivergent children. Amanda talks from experience and teaches you how to identify what the big, tiny and invisible demands are for your own child and gives you the step-by-step instructions on how to drop them.

Full of practical resources and scripts that are easy to implement in busy everyday life, this book is your flashlight and your map to parenting your uniquely wired child. It will not tell you where to go, but it will help you find your way so you and your family thrive.

The Teacher's Introduction to Pathological Demand Avoidance: Essential Strategies for the Classroom by Clare Truman 2021



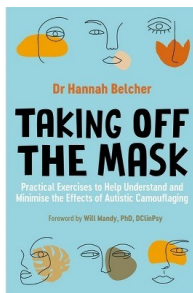
Great for teachers or parents who home-school kids with PDA

This essential guide for working with PDA pupils outlines effective and practical ways that teachers and school staff can support these pupils, by endorsing a child-led approach to learning and assessment.

Beginning with an introduction to PDA and how it can affect the education experience, it is then followed by thoughtful, useful strategies school staff can implement to build a collaborative relationship with pupils and help them to thrive in the school environment. The activities presented aim to make children more comfortable and at ease, and therefore better able to learn. It covers key issues for children with PDA, such as sensory issues, preferred language and phrasing of demands, social skills, and recognising distressed behaviour. The chapter summaries and simple activities listed throughout make this a useful tool for busy teaching staff working with PDA pupils.

Masking

Taking Off the Mask: Practical Exercises to Help Understand and Minimise the Effects of Autistic Camouflaging by Dr Hannah Louise Belcher 2022



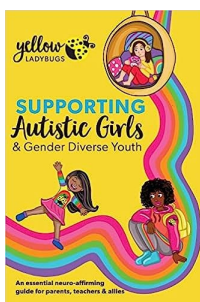
'I realised I had been camouflaging my whole life - I'd been trying to mask my autistic traits and fit in with all the non-autistic people around me.'

Growing up autistic can often feel as though you have to become a chameleon in social situations, camouflaging yourself to fit in with a seemingly neurotypical world. Combining lived experience with scientific research and practical advice, this book is the essential guide to understanding why you mask and how to feel confident without one.

Focusing on diagnostic devices like the Camouflaging Autistic Traits Questionnaire (CAT-Q) to discover the situations in which you mask the most and why, alongside a range of techniques, from CBT, compassion based therapy, DBT, and mindfulness to relieve anxiety and reduce stress, this guide gives you all the tools and confidence you need to re-connect with yourself, the things you love and finally, take off your mask.

Gender/ Sexuality/ Relationships

Supporting Autistic Girls & Gender Diverse Youth by Yellow Ladybugs 2023



For parents, teachers and allies

Want to know how to better support autistic girls and gender diverse youth? This is an authentic resource for parents, teachers and allied health professionals inspired from and written by autistic women and gender diverse individuals. You will be given the inside scoop, through their intimate knowledge, recollections and advice from growing up autistic. This book masterfully blends what you must know, what you need to know, and what you should know, all while gently walking you down the path towards a more neuro-affirming and inclusive approach to home and school life. You will close the book with a better understanding of autistic identity and culture and how you can help shape a better future for the ladybug in your life.

Autistic Identity/ Advocacy

Shake It Up!: How to Be Young, Autistic, and Make an Impact by Quincy Hansen 2022



Great for autistic teenagers

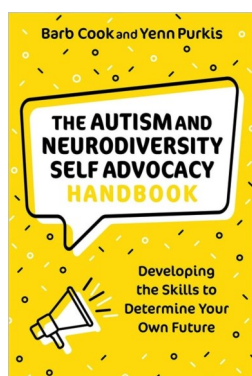
When you see a problem go unsolved do you feel compelled to act?

Does seeing an injustice light a fire within your soul?

Do you have a burning passion to take action, or to witness change within your own life, your community, or the world? If so, you may have the makings of an advocate.

This inspiring book by autistic blogger Quincy Hansen encourages autistic teens to find their voice and make a difference in the world around them. Featuring interviews with young autistic change-makers and addressing issues like self-image, harmful stereotypes and communication barriers, Shake It Up! aims to build readers' confidence, and inspire them to take action to change the world to be a better place.

The Autism and Neurodiversity Self Advocacy Handbook: Developing the Skills to Determine Your Own Future by Barb Cook and Yenn Purkis 2022



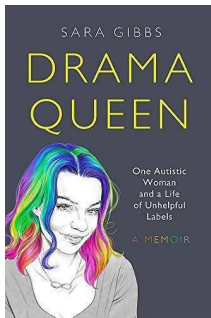
Being autistic, you might come across more challenges than others around you, such as dealing with ableism, discrimination in employment or difficulties in your relationships. Learning to successfully self-advocate will help you to build confidence, strengthen your relationships and ensure your needs are met.

Written by two autistic activists, this book will give you the tools and strategies to advocate for yourself in any situation. It covers specific scenarios including work, school, and family and relationships, as well as looking at advocacy for the wider community, whether that's through social media, presentations or writing. Additionally, the book provides advice on building independence, developing your skills, standing up for others and resolving conflict.

The authors also explore the overall impact of self-advocacy in all areas of your life, building a sense of confidence, resilience and control. Drawing on the authors' extensive experience, this book will help you to successfully prioritise your needs and rights, challenge what is unfair or unjust and make your voice heard.

Autistic People's stories/ people who identify as autistic

Drama Queen: One Autistic Woman and a Life of Unhelpful Labels by Sara Gibbs 2021



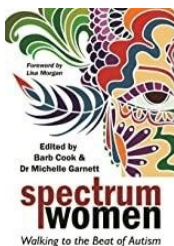
Also available as an audiobook

'It has taken me several years of exploration, but I am at a place now where I see autism as neither an affliction nor a superpower. It's just the blueprint for who I am. There is no cure, but that's absolutely fine by me. To cure me of my autism would be to cure me of myself.'

During the first thirty years of her life, comedy script writer Sara Gibbs had been labelled a lot of things - a cry baby, a scaredy cat, a spoiled brat, a weirdo, a show off - but more than anything else, she'd been called a Drama Queen. No one understood her behaviour, her meltdowns or her intense emotions. She felt like everyone else knew a social secret that she hadn't been let in on; as if life was a party she hadn't been invited to. Why was everything so damn hard? Little did Sara know that, at the age of thirty, she would be given one more label that would change her life's trajectory forever. That one day, sitting next to her husband in a clinical psychologist's office, she would learn that she had never been a drama queen, or a weirdo, or a cry baby, but she had always been autistic.

Drama Queen is both a tour inside one autistic brain and a declaration that a diagnosis on the spectrum, with the right support, accommodations and understanding, doesn't have to be a barrier to life full of love, laughter and success. It is the story of one woman trying to fit into a world that has often tried to reject her and, most importantly, it's about a life of labels, and the joy of ripping them off one by one.

Spectrum Women: Walking to the Beat of Autism by Barb Cook and Dr Michelle Garnett 2018



Barb Cook and 14 other autistic women describe life from a female autistic perspective, and present empowering, helpful and supportive insights from their personal experience for fellow autistic women. Michelle Garnett's comments validate and expand the experiences described from a clinician's perspective, and provide extensive recommendations.

Autistic advocates including Liane Holliday Willey, Anita Lesko, Jeanette Purkis, Artemisia and Samantha Craft offer their personal guidance on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. With great contributions from exceptional women, this is a truly well-rounded collection of knowledge and sage advice for any woman with autism.

Public figures who are openly autistic:

O'Hooley & Tidow:

Yorkshire musicians who create music about what life is like as an autistic individual. They have also created music for the BBC series "gentleman Jack".

<https://www.youtube.com/watch?v=RXSzYL5H5mg>

Greta Thunberg:

An environmental activist known for challenging political leaders on issues related to climate change



Elle McNicoll:

An autistic author who wrote 'A Kind of Spark' which has also been turned into a kids drama on BBC



Holly Smale:

The author of the Geek Girl series has a podcast episode talking about what it was like to be diagnosed as autistic at 39

<https://www.bbc.co.uk/sounds/play/m001dn5s>

BBC shows:

Christine McGuinness talks about her experience with autism as well as her and Paddy McGuinness discussing their life with their autistic children

<https://www.bbc.co.uk/programmes/m001k31t>

<https://www.bbc.co.uk/programmes/m00122vl>

Chris Packham talks about his experience with autism and meets other autistic people in the UK to help create short films to explain what it's like to be autistic

<https://www.bbc.co.uk/programmes/p0f2cxgn>

If you are able to give us some feedback on how you have found the assessment process We would be very grateful if you could follow this link to complete a short, confidential survey about your experience with the Autism Assessment Service:

<https://www.surveymonkey.co.uk/r/2PRSR28>

Thank you.

Disclaimer: The documents and links are being provided as examples of useful resources only. Listing these resources should not be considered an endorsement of the particular organisation by NHS North Yorkshire and York, nor is the trust responsible for the content of external websites.

Specialist Children's Services

You matter most



Some of the pictures used throughout this booklet are from
Vecteezy.com