

# Helpful information and resources

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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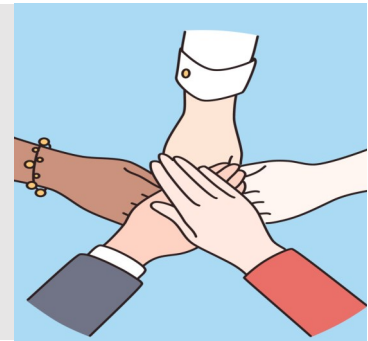
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## So, if autism isn't the explanation, what is?



The Autism Assessment Service's aim is to formally identify if a person is autistic or not. Being autistic is one way in which somebody can be neurodivergent. Sometimes, people might be neurodivergent (their brain and sensory processing system works differently from average) but they are not autistic. Also, some people may have some autistic traits but not enough to meet the criteria for a diagnosis, this may mean that strategies which help autistic people may help you, even if you are not formally identified as autistic.

There are lots of other kinds of neurodivergence including Attention Deficit Hyperactivity Disorder (ADHD), Tourette's Syndrome, Learning Disability, Developmental Coordination Disorder, Developmental Language Disorders.



The autism assessment team is not able to formally identify these other forms of neurodivergence, but might give you information if they think it would be helpful for you to look into any of these differences.

Sometimes, children and young people have had difficulties in their life or experienced trauma, and this can affect the way they understand the world and make relationships. The Autism Assessment Service might give you information if they think it would be helpful for you know more about



# Neurodiversity



Neurodiversity refers to the natural range of variation in everybody's brain and nervous system and how this impacts on the way in which they process and experience the world; this includes naturally occurring neurodivergent differences such as autism, ADHD and dyslexia, and neurodivergent differences which develop after

somebody is born such as exposure to traumatic life experiences or adverse childhood events. Neurodiversity also includes neurotypical people, people whose brains and nervous systems work a way that allows them to conform to the expectations of society without significant extra effort. Being neurodivergent means your brain and nervous system works in a different way to the majority (who are referred to as neurotypical) and you may find it very hard and sometimes harmful when expected to conform to the social standards of the society you live in.

Watch this youtube video for another explanation of neurodiversity

<https://youtu.be/b3rj9nUv0Qg>



There are many different types of neurodiversity, for example:

## ADHD:

People with ADHD show a persistent pattern of inattention and/or hyperactivity/impulsivity that interferes with day-to-day functioning and/or development

- ADHD UK

## Dyslexia:

Dyslexia is a learning difficulty which primarily affects reading and writing skills. However, dyslexia is actually about information processing. Dyslexic people may have difficulty processing and remembering information they see and hear, which can affect learning and the acquisition of literacy skills.

- British Dyslexia Association

## Dyspraxia:

Dyspraxia (also known as developmental coordination disorder – DCD) is a surprisingly common condition affecting movement and coordination in children and adults. Dyspraxia affects all areas of life, making it difficult for people to carry out activities that others take for granted. Signs of dyspraxia/DCD are present from a young age but may not be recognised until a child starts school – or even later in adulthood.

- Dyspraxia foundation

## Tourettes:

Tourette Syndrome is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. TS is a complex condition and a large number of people with the condition will also experience co-occurring features and conditions.

- Tourettes action

## Dyscalculia:

Dyscalculia is a specific and persistent difficulty in understanding numbers which can lead to a diverse range of difficulties with mathematics. It will be unexpected in relation to age, level of education and experience and occurs across all ages and abilities.

- British Dyslexia Association

**The websites below may be helpful if you think that you/ your child may have features of any of these differences**



The ADHD Foundation Neurodiversity Charity is an integrated health and education service and their website contains lots of really great resources for ADHD as well as other neurodiversity's.

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

ADHD UK is a charity which aims to support provide information, contribute research, raise awareness and advocate for people with ADHD. There are some really useful resources on their website such as support groups, and information on how to seek a diagnosis and where to get support in school or work.



<https://adhduk.co.uk>



The Dyslexia Association is a charity providing advice, assessments and information about dyslexia and dyscalculia.

<https://www.dyslexia.uk.net/>

The British Dyslexia Association is another organization which provide some great resources and information on their website for dyslexia and dyscalculia



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



Tourettes action is the leading support and research charity for those with Tourettes across the UK. They offer advice, information, online support groups, workshops, education for teaching professionals and events.

<https://www.tourettes-action.org.uk/>

The dyspraxia foundation provide advice for young people, adults and parents/carers of people who have or think they may have dyspraxia



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

# Language:

**Speech and Language UK**



Speech and language UK have support and advice for parents whose children may have language delay. There is also support for professionals who work with children who experience language delay.

[Speech and Language UK: Information and sup-](#)

The BBC have a range of fun activities targeted at different age groups that parents/carers can do with their child to help with their communication.

**TINY Happy PEOPLE**  
*Your words build their world*

[Activities for babies, toddlers and kids:](#)

[Fun games to help development and bonding - BBC Tiny Happy People](#)

**STAMMA**

STAMMA is a website for people who have a stammer or care for someone who does. The website included resources, advice, opportunities to get involved and peoples' stories. There is a section for parents/carers on helping a child who has a stammer, or identifying if your child does have a stammer.

[Welcome to Stamma | STAMMA](#)

Words for life is an independent UK charity who work with schools and communities to give disadvantaged children access to help with their literacy skills. Their website has tips and activities to help improve your child's literacy skills from your own home.

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

**Words for Life**

# Learning disabilities:

MENCAP is a charity aimed at supporting individuals who have a learning disability and their family. They have an excellent resource page defining learning disabilities and separating them from associated conditions or differences such as down syndrome or learning difficulties.



[What Is A Learning Disability? See Our Definition | Mencap](#)



Hft is a charity which supports people with learning disabilities in England and Wales. They offer services in supported living, respite care, assistive technology, day opportunities and lots more.

[Hft | Our support services](#)



Foundation for people with disabilities is a charity which helps improve the lives of people with learning disabilities by providing programmes in leadership and independence, writing reports and guidebooks, signposting, and advising organisations.

[Home | Foundation for People with Learning Disabilities](#)



# Mental Health and Wellbeing

## Local Services:

The Go-To website provides information about mental wellbeing help and support that is available in North Yorkshire for children and young people.

[The Go-To - Emotional wellbeing and mental health \(thegoto.org.uk\)](http://thegoto.org.uk)

## Helplines and websites:

Mind are an organisation providing helplines, peer support groups, therapeutic intervention, advocacy, and signposting. They also have a page dedicated to ADHD and mental health.

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



Childline offer 1-1 messaging and phone call support, peer message boards, information, advice and signposting for children experiencing difficulties in mental health, bullying, home life, school and relationships.

**childline**

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

Young minds offers information and guidance for young people dealing with mental health difficulties, as well as offering a parents helpline, webchat and email service for parents who are worried about their child's mental health.

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

**YOUNGMINDS**  
fighting for young people's mental health

The mix provide mental health support for children and young people under 25. They have a 1-2-1 chat, support groups, message boards and information on different mental health conditions.



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

OCD Action are an organisation providing a helpline, support and information for people who have, or think they may have OCD.

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



BEAT are a charity providing a helpline, webchat, peer support groups, fundraisers, and online resources for people who are dealing with eating disorders or disordered eating. This includes eating disorders such as Avoidant Restrictive Food Intake Disorder (ARFID) which can often be related to sensory sensitives/differences.



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

If you are experiencing difficulties in your mental wellbeing due to your gender identity or sexuality, Switchboard offer support for this. Switchboard have a web chat and a helpline to support LGBTQ+ people with difficulties they may experience, for example, support and guidance through coming out, help to find an LGBTQ+ friendly therapist, and support and advice for anyone dealing with homophobia or transphobia.

<https://switchboard.lgbt/>



# Trauma:

Experiencing trauma and adverse childhood events impacts the way somebody's brain develops, and how they process/respond to sensory input from the environment. somebody with these life experiences can also be considered neurodivergent.



Beacon house has free information and resources on understanding developmental trauma and how to parent children who may have experienced this.

<https://beaconhouse.org.uk/resources/>

Young minds have created a really helpful guide for parents whose children may have experienced trauma. It included things such as how to help your child, young peoples voices, young peoples voices, finding professional help, and helping yourself as a parent.

[Trauma & Mental Health | Guide For Parents | YoungMinds](#)



The UK trauma council has some really useful videos and information about childhood trauma. These resources may be better suited to adults or professionals working with children who have experienced trauma or older children who would like to understand their experiences better.

[UK Trauma Council](#)

This booklet has some information about parenting a child who has experienced developmental trauma. They define developmental trauma as where there were multiple incidents of trauma over a period of time and led a child or young person to experience an intense amount of stress in their mind and body.

[Trauma\\_booklet.pdf \(qfkc.com.au\)](#)

# Promoting positive behaviours

Some young people may struggle with expressing their emotions in an appropriate way and may display aggressive behaviours. There are services that can help manage this and support those around them.



Domestic violence intervention project is an organisation which has a young person section called YUVA. They help young people aged 11-18 (up to 25 if they have additional needs) change their behaviour and develop improved awareness of healthy communication and relationships.

[https://dvi.org/for-young-people/?fbclid=IwAR1jgtE3-OXqY7Vy-tr3YuCDuTNihZ3eVIYgKtAWM\\_kx3zP0mye3DvFoZSk](https://dvi.org/for-young-people/?fbclid=IwAR1jgtE3-OXqY7Vy-tr3YuCDuTNihZ3eVIYgKtAWM_kx3zP0mye3DvFoZSk)



Respect is a domestic abuse organisation that works with male victims, perpetrators and children and young people who use violence. Respect offer services and resources to young people and parents.

[Our work with young people | Respect](#)

Barnardo's have a page on positive parenting and managing behaviour in young children. It also includes examples of reasonable expectations for your children.

[Understanding behaviour | Barnardo's Family Space \(barnardos.org.uk\)](#)



# 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-](http://www.gov.uk/disabled-students-)



**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->



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

<https://hdsunflower.com/>



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

[www.ceacard.co.uk/](http://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/>



**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.

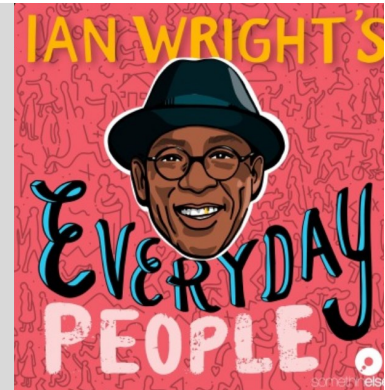


- <https://cerebra.org.uk/>
- Email [enquiries@cerebra.org.uk](mailto:enquiries@cerebra.org.uk)
- 08003281159

# Blogs, videos and apps

Ian Wright's 'everyday people' podcast features an episode titled 'Dyslexia: Breaking Educational Barriers' where he meets with someone who was diagnosed with dyslexia at aged 13 but didn't let that determine his educational success

<https://pca.st/episode/41fb6b8b-2161-48d2-bd8e->




ADHD UK have a number of really great videos that explain ADHD in different contexts, how to look after yourself and things that may help

[ADHD Videos - To help explain ADHD better | ADHD UK](#)

Inflow is an app created by ADHD clinicians and psychologists which helps you understand your neurodivergent brain and build lifelong skills

[Inflow \(getinflow.io\)](https://getinflow.io)




BBC have a page of blogs of people who have dyspraxia discussing their experiences, this includes BBC presenter Xanthe Palmer.

[Dyspraxia: My life with the misunderstood condition - BBC News](#)

The Dyspraxia foundation has some positive stories of people with lived experiences of dyspraxia

[Positive Stories - Dyspraxia Foundation](#)



**DYSPRAXIA  
FOUNDATION**  
Incorporating Developmental  
Co-ordination Disorder (DCD)



BBC Newsround have a selection of resources about Tourette Syndrome. There is a video from a social media influencer Evie Meg, as well as other videos such as 'what not to say to someone with Tourette Syndrome'.

[Tourette Syndrome: What is it and how can you help? - BBC Newsround](#)

Mind have a podcast series where people share their experiences of dealing with different mental health problems. There are 9 episodes and each episode covers a different story.

[Mind podcasts on living with mental health - Mind](#)



Calm harm is an app that provides healthy coping strategies and games for when your emotions may feel overwhelming. They have different options for what you might need in the moment such as: Comfort, Distract, Express Yourself, Release, and Random. The app can be used by anyone over the age of 13.

[Home - Calm Harm App](#)

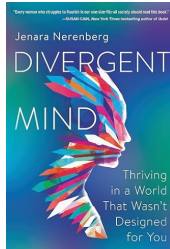
Molly Wright is a passionate advocate for early childhood development, and just seven years old when she gives this Ted Talk! She discusses the importance of the first five years and what parents can do to help their children's brain develop. [Molly Wright: How every child can thrive by five | TED Talk](#)





## Books:

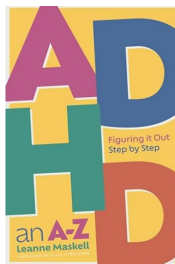
Divergent mind: Thriving in a world that wasn't designed for you.



Jenara Nerenberg, 2020

A paradigm-shifting study of neurodivergent women - those with ADHD, autism, synesthesia, high sensitivity, and sensory processing disorder - exploring why these traits are overlooked in women and how society benefits from allowing their unique strengths to flourish.

ADHD an A-Z: Figuring it out step by step



Leanne Maskell,  
2022

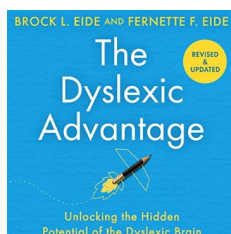
Navigating the world with an ADHD brain can be exhausting. The rollercoaster ride from clinical assessments through diagnosis to treatment can leave you feeling anxious and isolated, worried about failing or feeling different.

This handy guide is here to change all that. If you have (or suspect you have) ADHD, you'll know the frustration of being given neurotypical or clinical advice - but this is straight from an ADHD brain to you.

The accessible A-Z format, covering everything from burnout and finances to time management and relationships, gives you the tips and confidence you need to reach your full potential. It empowers you to understand why ADHD brains work the way they do and how to harness your unique mind to think creatively and overcome any hurdle life throws at you.

Easy to digest and full to the brim with practical life advice including budgeting plans for impulsive spending, advice on rejection sensitive dysphoria and ways to relax, this book provides everything you need to feel confident and supported through your ADHD diagnosis and beyond.

The Dyslexic Advantage: Unlocking the hidden potential of the dyslexic brain

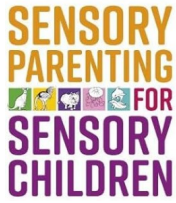


Brock L Eide & Fernet F  
Eide, 2023

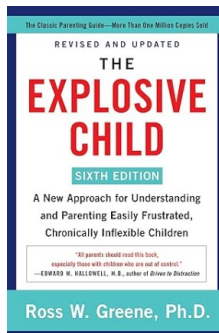
What if we viewed dyslexia as a learning and processing style rather than a disorder? Reading and spelling challenges are actually trade-offs, resulting from an entirely different pattern of brain organization and information processing. Dyslexic people possess powerful advantages, including incredible pattern detection, creativity, problem-solving and more.

This revised and updated edition includes 18 rich new profiles of remarkable individuals with dyslexia. The enormous advances in dyslexia research over the last 10 years provide innovative insights for educators, employers, parents and dyslexic adults. Blending personal stories with hard science, *The Dyslexic Advantage* shares empowering advice on how to identify, understand, nurture and enjoy the strengths of the dyslexic mind.

<p>A pocket guide to neurodiversity</p>  <p>Daniel Aherne</p>	<p>At least one in seven people are thought to be neurodivergent. So what exactly is neurodiversity? What does 'executive functioning' mean? What are 'spiky profiles'?</p> <p>In this simple guide, expert speaker and trainer Daniel Aherne provides a clear introduction to neurodiversity and the four most common neurodivergent identities of autism, ADHD, dyslexia and dyspraxia. Using an analogy of a cactus needing a desert to grow in, he emphasises the importance of getting the environment right for neurodivergent people, rather than expecting them to adapt to the neurotypical world. Daniel, who himself has ADHD, also explains how neurodivergent people often have great strengths alongside areas of difficulty, and writes about the interplay between diagnoses, as well as unpacking tricky concepts such as working memory, sensory processing, communication differences and more.</p> <p>Busting common misconceptions and setting out simple tips and guidance for supporting the neurodivergent people around you, whether among your family, friends or at your school, college or workplace - or if you yourself are ND and want to improve the understanding of others - this essential guide will help us all celebrate neurodiversity and foster more inclusive communities</p>
<p>Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves by Vanessa Green Allen 2019</p> 	<p>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</p>
<p>Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner 2014</p> 	<p>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.</p>

<p>When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety by Keri Dunn Buron 2006</p> 	<p>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.</p>
<p>Sensory Parenting for Sensory Children by Tanya van Dalen 2023</p> 	<p>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.</p>
<p>Success with Sensory Supports: The ultimate guide to using sensory diets, movement breaks, and sensory circuits at school by Kim Griffin 2023</p> 	<p>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.</p>
<p>Raising Human Beings by Ross W. Greene 2017</p> 	<p>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</p>

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

### 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.

# Public figures who are neurodivergent

**Simone Biles**, the Olympic gymnast with 32 Olympic and world championship medals has ADHD.



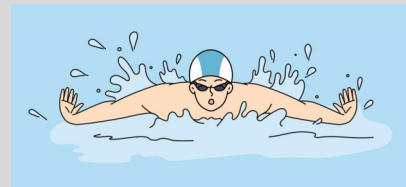
**Jennifer Anniston**, the actress, producer and businesswoman, well known for her role as Rachel Green on 'friends', has Dyslexia.

**F•R•I•E•N•D•S**

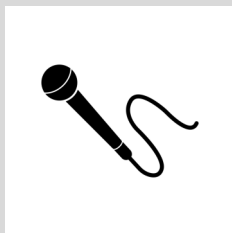
**Daniel Radcliffe**, the actor well known for his role as Harry Potter has Dyspraxia



**Dan Pepper**, a Paralympian swimmer who represented Great Britain in the 2012 summer Paralympics has a learning disability.



The singer and songwriter, **Billie Eilish** has Tourette syndrome.



**Will Smith**, experienced traumatic experiences as a child. Today he is a successful actor, rapper and film producer



**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>

*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