

### **Books for boys:**

#### ***Freaks, Geeks and Asperger Syndrome: A user guide to adolescence: Luke Jackson***

Luke Jackson is 13 years old and has Asperger Syndrome. Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, when and how to tell others about AS, school problems, dating, relationships and morality. His main reason for writing was because "so many books are written about us, but none are written directly to adolescents with Asperger Syndrome. I thought I would write one in the hope that we could all learn together

#### ***Dude, I'm An Aspie! Kids' Edition: Matt Friedman***

The book, written by a young person with Asperger's, talks about autism with cartoons rather than words.

#### ***The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome: Jennifer Cook O'Toole***

The "Secret" Book gives Asperkids (aged 10-17) respectful, funny insights written "for Aspies by an Aspie" Full of illustrations, logic and even a practice session or six (in comic strip style), this is the handbook every adult Aspie wishes we'd had growing up, but never did.

### **Books for girls:**

#### ***The Girl with the Curly Hair - Asperger's and Me: Alis Rowe***

This book aims to build the bridge between people with Asperger's Syndrome and the rest of the world. Most people with Asperger's Syndrome are able and willing to work and live a "normal" life, with the right support and adjustment. The main problem is that most people are just unaware of how they can help.

#### ***All cats have Asperger's syndrome: Kathy Hoopman***

All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS. Delightful colour photographs of cats bring to life familiar characteristics such as sensitive hearing, scampering at the first sign of being stroked, and particular eating habits. Touching, humorous and insightful, this book evokes the difficulties and joys of raising a child who is different and leaves the reader with a sense of the dignity, individuality, and potential of people with AS.

### **Books recommended for parents who have young people recently diagnosed with autism**

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

The author combines her own experiences with tips from adults with autism, 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:

- How to understand and support your child at school and at home

- Mental health and autism
- The differences between girls and boys with autism

***Ten Things Every Child with Autism Wishes You Knew: Ellen Notbohm.***

Ellen's personal experiences as a parent of children with autism and ADHD, a celebrated autism author, and a contributor to numerous publications, classrooms, conferences, and websites around the world coalesce to create a guide for all who come in contact with a child on the autism spectrum.

***Autism: A Practical Guide for Parents: Alan Yau***

This book will give you ideas and strategies that you can use immediately with your child, illustrated with examples from the author's own experience.

***The Complete Guide to Asperger's Syndrome* by Tony Attwood**

The Complete Guide to Asperger's Syndrome is the definitive handbook for anyone affected by Asperger's syndrome (AS). Now including a new introduction explaining the impact of DSM-5 on the diagnosis and approach to AS, it brings together a wealth of information on all aspects of the syndrome for children through to adults.

**General good reads:**

***Uniquely Human: A different way of seeing Autism: Dr Prizant***

*Uniquely Human*, strays from the traditional concept that considers autism a pathological dysfunction, and instead classifies autistic behaviours as a wide range of coping mechanisms for a world that seems dysfunctional and uncomfortable. Dr. Prizant offers inspiring stories and advice on how to enhance good behaviours without negating (or attempting to disrupt) autistic challenges.

***The reason I Jump: one boy's voice from the silence of autism***

Written by Naoki Higashida when he was only thirteen, this book provides a rare insight into the often baffling behaviour of children with autism. Using a question and answer format, Naoki explains things like why he talks loudly or repeats the same questions, what causes him to have panic attacks, and why he likes to jump. He also shows the way he thinks and feels about his world - other people, nature, time and beauty, and himself.

***Thinking in Pictures, Expanded Edition: My Life with Autism: Temple Grandin***

Temple Grandin, Ph.D., is a gifted animal scientist who has designed one third of all the livestock-handling facilities in the United States. She also lectures widely on autism—because Temple Grandin is autistic, a woman who thinks, feels, and experiences the world in ways that are incomprehensible to the rest of us. In this unprecedented book, Grandin delivers a report from the country of autism. Writing from the dual perspectives of a scientist and an autistic person.

Websites:

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

Aiming to increase understanding and awareness of autism and ensure people with autism live the lives they choose.

<https://developmentalpaediatrics.alderhey.nhs.uk/>

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

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them. Our work is very inclusive. It's all about developing empathy and understanding for the amazing diversity of people in the world

<https://www.ambitiousaboutautism.org.uk/talk-about-autism>

An online community and forum for people interested in autism to share experiences, get support and discuss autism. It is a popular site used by family members, professionals, and people with autism.

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

This organization works towards ensuring children, young people and adults with autism receive the education they need to enable them to reach their individual potential.

<https://www.autismlinks.co.uk/>

Contains lots of helpful advice all in one place.

<https://www.nhs.uk/conditions/autism/>

Includes information on diagnosis for children and adults, transitions, autism related support and real life stories.

<https://sleepopolis.com/education/sleep-and-autism/>

This resource provides in-depth information on sleeping disorders and ASD - "Sleep-related issues are frustrating and can be problematic for almost anyone who suffers from them. However, they are particularly troublesome for individuals diagnosed with autism spectrum disorder (ASD)".

**TED Talks:**

[https://www.ted.com/playlists/153/the\\_autism\\_spectrum](https://www.ted.com/playlists/153/the_autism_spectrum)

<https://www.angelsense.com/blog/5-best-ted-talks-on-autism/>

**YouTube Talks:**

*Could it be Autism:*

<https://www.youtube.com/watch?v=HlrxgD3oqYc>

*Aspergers in Girls:*

<https://www.youtube.com/watch?v=wfOHnt4PMFo>