

## Autism/ADHD/Child Development Resources

### Books for Kids:

- *The Best Me That I Can Be* (\*this is a series of books) – Rose Angebrandt
- \*All books by Julia Cook (these are based on emotional regulation and social skills)
- *I Can Handle It* (\*part of the Mindful Mantras series) by Laurie Wright
- *Howard B. Wigglebottom Learns to Listen* by Howard Binkow
- *Jilly's Terrible Temper Tantrums* by Martha Heineman Peiper
- *What Were You Thinking?* By Bryan Smith
- *Lucy Walker, Nonstop Talker* by Christianne C. Jones
- *Help Your Dragon Deal with Change* by Steve Herman
- *Listening to My Body* by Gabi Garcia
- *Baxter Turns Down His Buzz* by James Foley
- *What Should Danny Do?* By Adir & Ganit Levy
- *Have You Filled Your Bucket Today?* By Carol McCloud
- *Learning to Get Along* (\*this is a series of books) by Cheri J. Meiners

### Books for Teens/Young Adults:

- *The Curious Incident of the Dog in the Night-Time* by Mark Haddon
- *Succeed and Smile for Teens* by Kirt Manecke
- *The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens with Asperger Syndrome* by Jennifer Cook O'Toole

### Books for Adults:

- *The Autism Job Club* by Michael Bernick & Richard Holden
- *Asperger's on the Job: Must-Have Advice for People with Asperger's or High Functioning Autism and their Employers, Educators, and Advocates* by Rudy Simone & Temple Grandin
- *The Rosie Project* by Graeme Simsion
- *The Rosie Effect* by Graeme Simsion
- *The Curious Incident of the Dog in the Night-Time* by Mark Haddon
- *Very Late Diagnosis of Asperger Syndrome* by Philip Wylie
- *Nerdy, Shy, and Socially Inappropriate* by Cynthia Kim
- *Musings of an Aspie* by Cynthia Kim
- *My Disability Doesn't Define Me* by Louis Vendetti
- *Our Socially Awkward Marriage: Stories from an Asperger's Relationship* by Tom & Linda Peters
- *Chasing Kites: A Memoir About Growing Up with ADHD* by Tom Nardone

### Books for Parents:

- *The Out-of-Sync Child* by Carol Kranowitz
- *The Explosive Child* by Dr. Ross Greene
- *The Whole Brain Child* by Daniel Siegel and Tina Bryson
- *What About Me? Growing Up with a Developmentally Disabled Sibling* by Dr. Bryna Siegel
- *Helping Children with Autism Learn* by Dr. Bryna Siegel
- *The World of the Autistic Child* by Dr. Bryna Siegel
- *Aspergirls* by Rudy Simone
- *Beth and the Bracelets* by Jessica Falconer
- *Uniquely Human: A Different Way of Seeing Autism* by Barry Prizant
- *Don't Squeeze the Spaceman's Taco: Lessons Learned from My Son with Autism* by Kelly Jude Melerine
- *The Late Talker: What to Do If Your Child Isn't Talking Yet* by Dr. Marilyn Agin
- *Differently Wired* by Deborah Reber
- *The Autistic Brain* by Temple Grandin

### Videos:

- Failing at Normal: An ADHD Success Story by Jessica McCabe
  - <https://www.youtube.com/watch?v=JiwZQNYIGQI>
- ADHD Sucks, But Not Really by Salif Mahamane
  - <https://www.youtube.com/watch?v=fWCocjh5aK0>
- Tackling Teen Depression by Kay Reeve (parent of teen)
  - <https://www.youtube.com/watch?v=DiIUdXmhf-0>
- The Me You Don't See by Tiffany Williams
  - <https://www.youtube.com/watch?v=G6dfUEgKmN4>
- Embrace the Potential of Autism by Lars Johansson-Kjellerod
  - <https://www.youtube.com/watch?v=PcQwHHbjZ0A>
- Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness by Lori Lite
  - Bubble Riding <https://www.youtube.com/watch?v=qyObS1Waj-A>
  - Angry Octopus [https://www.youtube.com/watch?v=\\_kYKoc7Cm7E](https://www.youtube.com/watch?v=_kYKoc7Cm7E)
  - Affirmation Weaver [https://www.youtube.com/watch?v=Id5cMcUA\\_i4](https://www.youtube.com/watch?v=Id5cMcUA_i4)
  - Sea Otter Cove <https://www.youtube.com/watch?v=erlvwQGUHE0>
- Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety by Lori Lite
  - The Goodnight Caterpillar <https://www.youtube.com/watch?v=Tyn4pIkVbkY>
  - A Boy and a Bear <https://www.youtube.com/watch?v=fUgSr04q344>
  - The Affirmation Web <https://www.youtube.com/watch?v=AJTTBzVAOtw>
  - A Boy and a Turtle <https://www.youtube.com/watch?v=60ZNVGGj8Uk>

## Websites:

- Understood - For Learning & Attention Issues
  - <https://www.understood.org/en>
- Dr. Mary Barbera - BCBA, Autism Mom
  - <https://www.marybarbera.com/>
- Autism Parenting Magazine
  - <https://www.autismparentingmagazine.com/>
- eSpecial Needs – Clothing, Equipment, Toys, etc.
  - <https://www.especialneeds.com/>
- Friendship Circle
  - <https://www.friendshipcircle.org/blog/2013/07/15/15-indispensible-websites-for-parents-of-children-with-autism/>

## Podcasts:

- Turn Autism Around by Dr. Mary Barbera
  - <https://www.marybarbera.com/podcast/>
- 7 Special Needs Parenting Podcasts Worth Listening To (list)
  - <https://www.friendshipcircle.org/blog/2017/02/20/7-podcasts-that-parents-of-children-with-disabilities-need-to-know-about/>