



Parents: Autism

Uniquely Human by Dr Barry Prizant: Often praised by experts and parents alike. This book explains the 'why' behind behaviours instead of simply trying to stop them.

The Reason I Jump by Naoki Higashida: Written by a non-speaking 13 year old, this memoir offers a brilliant inside look at how autistic individuals perceive the world, think, and feel.

Autism: How to Raise a Happy Autistic Child by Jessie Hewitson: This UK-focused guide offers practical, child-first, and family-friendly advice drawn from interviews with autistic adults and professionals.

Parenting Your Autistic Child: Permission to Do It Differently by Lisa Galley: Provides gentle science and practical tools to help you let go of traditional parenting standards and work with your child's nervous system.

1001 Great Ideas for Teaching and Raising Children with Autism by Ellen Notbohm and Veronika Zysk: A massive collection of bite-sized, practical tips, sensory ideas, and strategies you can reference as needed.

Sincerely, Your Autistic Child by Emily Paige Ballou: An anthology of short perspectives where autistic adults explain what they wish their parents knew about growing up, acceptance, and identity.

We're Not Broken by Eric Garcia: A vital, positive look at the autism conversation from an autistic journalist, perfect for navigating your child's future.

The Autistic Spectrum: A Guide for Parents and Professionals by Lorna Wing – This classic text by a pioneering researcher remains a cornerstone resource for understanding the autism spectrum.

Autism: Supporting Your Teenager and **Autism: Understanding Behaviour** by Caroline Hattersley – Officially produced by the National Autistic Society, these guides provide highly focused, practical advice for parents navigating daily family challenges and hormonal shifts.

Parents: ADHD

The Definitive Medical and Behavioural Guides

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents by Russell A. Barkley: written by the world's leading expert on ADHD, this serves as gold-standard material.

Smart but Scattered: The Revolutionary 'Executive Skills' Approach to Helping Kids Reach their Potential by Dr. Peg Dawson and Dr. Richard Guare: Focuses entirely on strengthening the brain's 'executive functions' like organisation, time management, and emotional control. It also includes assessment quizzes to pinpoint your child's specific weaknesses and match them with custom daily routines.

What Your ADHD Child Wishes You Knew: 5 Pillars for Helping Your Kid Succeed in School and Life by Dr. Sharon Saline: Uses direct quotes and insights from children and teens with ADHD to explain how they experience the world. It also teaches a collaborative parenting framework that reduces daily power struggles and shouting matches.

ADHD Dude: Simple, Actionable Strategies by Ryan Wexelblatt: heavily focused on real-world, practical parenting adjustments without overly dense medical jargon. It teaches parents how to build age-appropriate independence and improve emotional resilience.

The ADHD Advantage: What You Need to Know to Make ADHD Work for Your Child by Dr. Dale Archer: Offers a highly positive, strength-based perspective that frames ADHD traits as potential superpowers when channelled correctly. It helps parents foster self-esteem and recognise creative, entrepreneurial, and artistic strengths.