



Resources to Help Understand a Diagnosis of ASD

For Children

- Sesame Street Autism resources for young children <https://autism.sesamestreet.org/>
- CBeeBies Pablo resources for young children <https://www.bbc.co.uk/cbeebies/shows/pablo>
- Amazing Things Happen <https://youtu.be/Ezv85LMFx2E>
- Operation Ouch – Autism Explained <https://youtu.be/2Dw63tvUL5Y?t=1264>
- A Different Kind of Brilliant <https://youtu.be/y6g8QHWkKZU>

Books

- My Awesome Autism - *Nikki Saunders*
- The Superhero Brain - *Christel Land*
- The Abilities in Me: Autism - *Gemma Keir*
- Autism and Me (Mindful Kids) - *Haia Ironside and Dr Leslie Ironside*
- My Autism Book - *Glòria Durà-Vilà and Tamar Levi*
- The Secret Life of Rose - *Rose Smitten*
- The ASD and Me Picture Book - *Joel Shaul*
- The Ice Cream Sundae Guide to Autism: An Interactive Kids Book for Understanding Autism - *Debby Elley*
- Can I tell you about Asperger syndrome? - *Jude Welton*
- Can I tell you about Autism? - *Jude Welton*
- All Cats are on the Autism Spectrum - *Kathy Hoopmann*

For Young People

- Rebecca Burgess – The Spectrum Explained (comic) <https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>
- BBC Inside Our Autistic Mind - Ethan's Film <https://www.bbc.co.uk/programmes/p0f4l917>
- Ambitious About Autism – Know Your Normal <https://www.ambitiousaboutautism.org.uk/what-we-do/youth-participation/youth-led-toolkits/know-your-normal>
- NE Autism Society - What is Autism? https://youtu.be/Kwrmgqt_2UE
- Amazing Things Happen <https://youtu.be/Ezv85LMFx2E>
- Ambitious About Autism - Young People Explain Autism - <https://www.youtube.com/watch?v=xTLUYda-008>

Books

- Autism, Identity and Me: A Practical Workbook - *Rebecca Duffus*
- Know Your Spectrum! Creative Writing Workbook - *Finn Monahan*
- The Awesome Autistic Go To Guide - *Yenn Perkins and Tanya Masterman*
- The Asperkid's Secret Book of Social Rules - *Jennifer Cook O'Toole*
- The Spectrum Girls Survival Guide - *Sienna Castellon*
- Sisterhood of the Spectrum - *Jennifer Cook O'Toole*

For Parents

- NAS – What is Autism? Online information <https://www.autism.org.uk/advice-and-guidance/what-is-autism>
- NAS – What is Autism? (video) - <https://youtu.be/Lk4qs8jGN4U>
- NE Autism Society - https://youtu.be/Kwrmgqt_2UE
- NHS – Autism - <https://www.nhs.uk/conditions/autism/what-is-autism/>
- Ambitious About Autism – Early Years Parent Toolkit - <https://www.ambitiousaboutautism.org.uk/information-about-autism/early-years/parent-toolkit>
- What Do Autistic Traits Look Like - Purple Ella and Samantha Stein (video) - <https://youtu.be/729g4z5il6s>

Books

- Autism, Identity and Me: A Professional and Parent Guide - *Rebecca Duffus*
- Autism and Asperger Syndrome in Children, For Parents and Carers of the Newly Diagnosed - *Dr Luke Beardon*
- Autism: A Practical Guide for Parents - *Alan Yau*
- The Little Book of Autism FAQs - How to talk with your child about their diagnosis - *David Hartman*



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