



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 [Autism Awareness Month - Autism Simulator | Operation Ouch | Science for Kids - YouTube](#)
- A Different Kind of Brilliant <https://youtu.be/y6q8QHWkKZU>

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*

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*



Resources to Help Understand a Diagnosis of ASD

Please scan QR code or click on the link to access this and our other information sheets

[Downloadable Survival Guides, Information and Resources from SNAP](#)



The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.

SNAP (Special Needs And Parents) ● Helpline: 01277 211300 ● The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex CM14 5WF