Kilkenny County Council Library Service

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Sensory Book Collection

Books for children, parents, teachers and carers.

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the dormant accounts fund

Right to Read at your Library

Sensory Book Collection

The Sensory Book Collection is a specialised collection available to borrow from Kilkenny Library Headquarters

- Funded by the Dormant Accounts Fund this collection is available to parents, carers and teachers in County Kilkenny
- This specialised collection of books has been purchased with advice from professionals working with children with special needs and specialised book sellers
- The collection contains over 500 titles and will be housed in Kilkenny Library Headquarters, Johns Green
- You must be a library member to avail of this service
- Contact your local library or our Library HQ to request items
- A Toy and Sensory Resource collection is also available, contact your local library for conditions of use or log onto our website for more information on all our sensory services

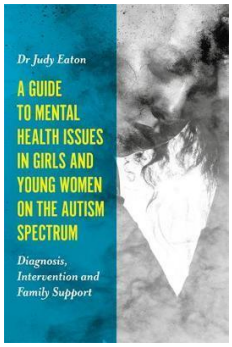
www.kilkennylibrary.ie

Books for Parents, Teachers and Carers

Eaton, Judy

A Guide to Mental Health Issues in Girls and Young Women

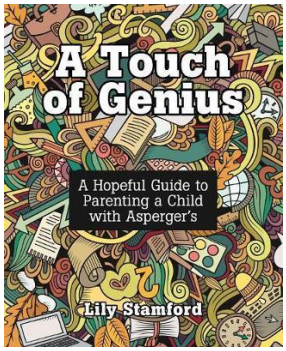
Looking at how autism presents differently in girls and in boys, this book is the essential guide for clinicians and educators on tailoring interventions and support to meet girls' needs.



Stamford, Lily

A Touch of Genius: A Hopeful Guide to Parenting a Child with Aspergers

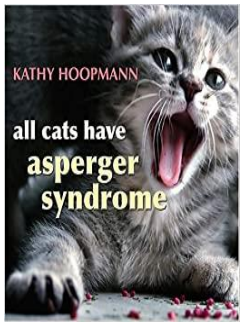
Lily Stamford, an author, motivational speaker, and advocate for autism, shares her first-hand account of raising a son diagnosed with Asperger's syndrome.



Hoopmann, Kathy

All Cats have Aspergers Syndrome

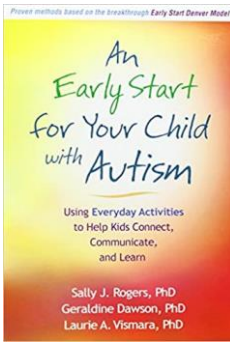
All Cats Have Asperger Syndrome takes a playful look at Asperger Syndrome (AS), drawing inspiration from the feline world in a way that will strike a chord with all those who are familiar with AS.



Rogers, Sally J.

An Early Start for your Child with Autism

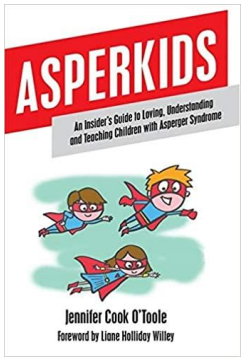
An Early Start for Your Child with Autism is an ideal resource for parents of children first receiving a diagnosis of ASD, but also an excellent resource for parents of children already receiving services.



Cook O' Toole, Jennifer

Asperkids: An Insider's Guide to Loving, Understanding and Teaching Children with Asperger

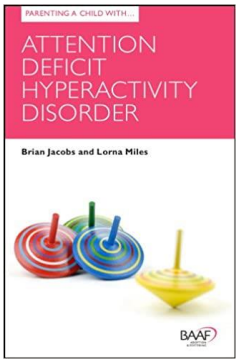
As a parent, a teacher and an Aspie herself, Jennifer Cook O'Toole's book provides a unique insider's look into Asperger Syndrome.



Jacobs, Brian and Miles, Lorna

Attention Deficit Hyperactivity Disorder

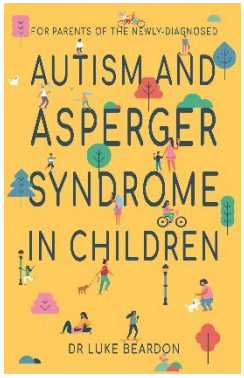
Helpful advice on parenting a child with Attention Deficit Hyperactivity Disorder.



Beardon, Dr. Luke

Autism and Asperger Syndrome in Children

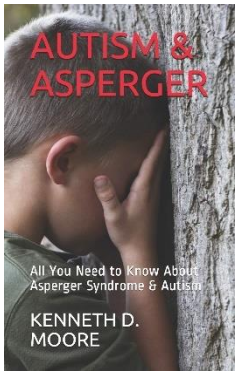
Dr Luke Beardon is a well-known expert in the field, and this book is an accessible, easy-to-read introduction for those experiencing autism for the first time.



Moore, Kenneth D.

Autism and Asperger: All You Need to know about Asperger Syndrome and Autism

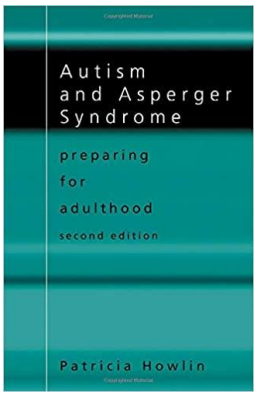
This informative book by Kenneth D Moore contains a wealth of information about how to manage and deal with a diagnosis of Autism and/or Aspergers.



Howlin, Patricia

Autism and Asperger Syndrome: Preparing for Adulthood

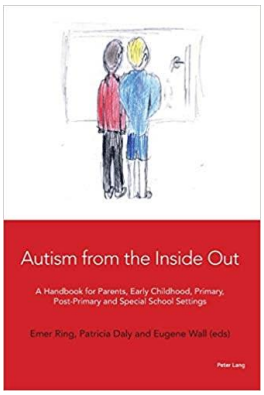
Autism and Asperger Syndrome reviews what is known about adults with autism in terms of their social functioning, educational and occupational status. This book offers practical ways of dealing with their difficulties.



Ring, Emer

Autism from the Inside Out

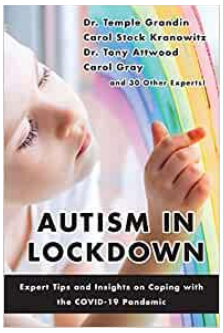
Autism from the Inside Out is the first book to focus on providing Irish parents, early childhood, primary, post-primary and special school teachers with effective strategies for supporting children with autism spectrum difference at home and in educational settings



Grandin, Temple

Autism in Lockdown

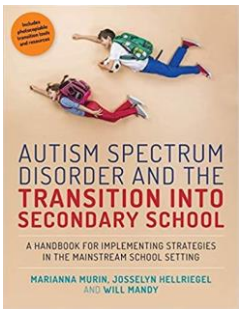
Autism in Lockdown contains tips and insights from the World's Leading Experts on coping with the Covid-19 pandemic.



Hellriegel, Josselyn

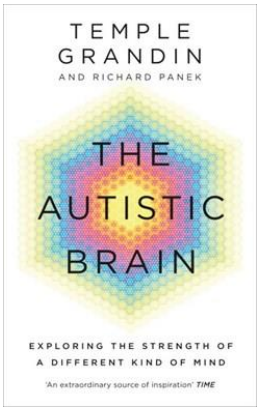
Autism Spectrum Disorder and the Transition into Secondary School

An effective evidence-based programme, this practical handbook provides everything schools need to make the transition from primary to secondary school as smooth and successful as possible for children with Autism Spectrum Disorder (ASD).



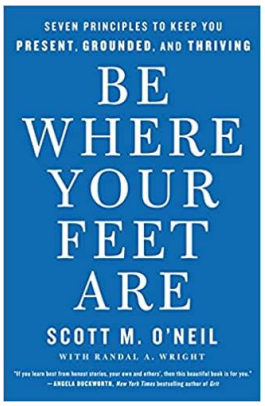
Grandin, Temple
The Autistic Brain

Weaving her own experience with remarkable new discoveries, Grandin introduces the advances in neuroimaging and genetic research in the world of Autism.



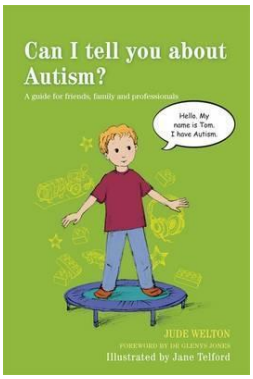
O'Neill, Scott M.
Be Where Your Feet Are

In 'Be Where Your Feet Are', CEO of the Philadelphia 76ers and New Jersey Devils, Scott O'Neil offers his own story of grief and healing, and shares his most valuable lessons in what keeps him grounded and able to thrive as a father, husband, coach, mentor, and leader.



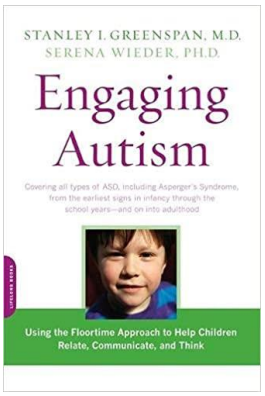
Welton, Jude
Can I tell you about Autism?: A Guide for Friends, Family and Professionals

Meet Tom - a young boy with autism. Tom invites readers to learn about autism from his perspective and explains the challenges he faces with issues such as social communication, sensory overload and changes in his routine.



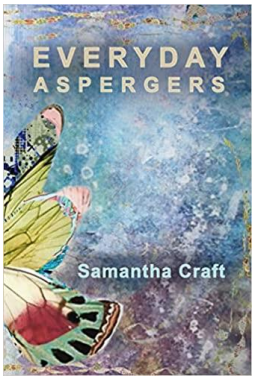
Greenspan, Stanley I.
Engaging Autism: Using the Floortime Approach to Help Children Relate, Communicate, and Think

Grateful parents and professionals worldwide have welcomed this essential guide to the highly recommended Floortime approach for treating children with any of the autism spectrum disorders (ASD).



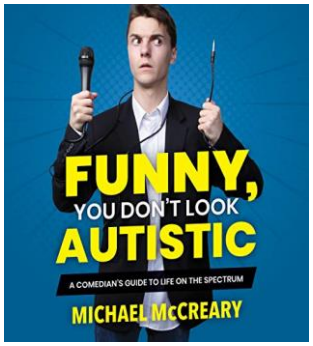
Craft, Samantha
Everyday Aspergers: A Journey on the Autism Spectrum

Ten years in the making, Craft's revealing memoir brings Asperger's Syndrome into a spectrum of brilliant light—exposing the day-to-day interactions and complex inner workings of an autistic female from childhood to midlife.



McCreary, Michael
Funny, You Don't Look Autistic: A Comedian's Guide to Life on the Spectrum

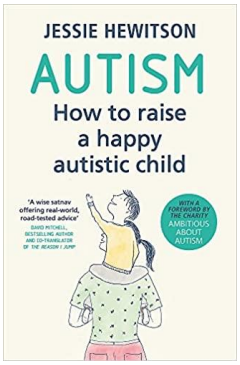
This is an invaluable and compelling read for young readers with ASD looking for voices to relate to as well as for readers hoping to broaden their understanding of ASD.



Hewitson, Jessie

Autism: How to raise a happy autistic child

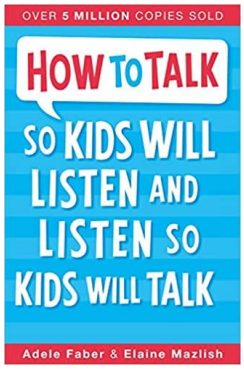
Written by Jessie Hewitson, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder.



Faber, Adele and Mazlish, Elaine

How to Talk so Kids Will Listen and Listen so Kids Will Talk

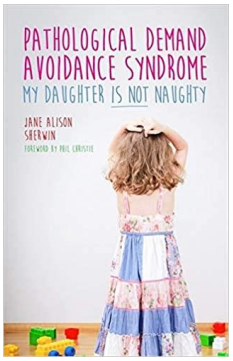
Parenting experts Adele Faber and Elaine Mazlish provide effective step by step techniques to help you improve and enrich your relationships with your children.



Sherwin, Jane Alison

Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty

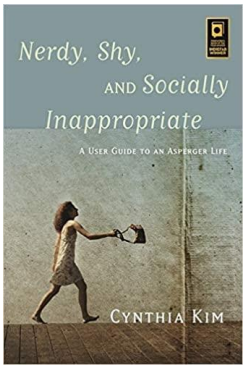
Full of advice and support, and with a focus on understanding the child and how he or she sees the world, this book will be of immeasurable value to the parents and families of children with PDA as well as the professionals working with them



Kim, Cynthia

Nerdy, shy and socially inappropriate: A User Guide to an Asperger Life

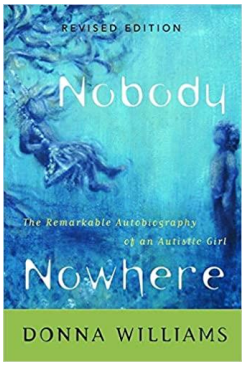
Cynthia Kim shares all the quirkiness of living with Asperger Syndrome (ASD) in this accessible, witty and honest guide.



Williams, Donna

Nobody Nowhere: The Remarkable Autobiography of an Autistic Girl

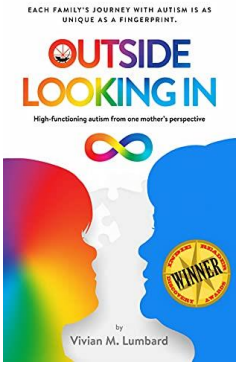
Nobody Nowhere is disturbing, eloquent and ticklishly funny: it is an account of the soul of someone who lived the word 'autism' and survived in an unsympathetic environment despite intense inner chaos and incomprehension.



Lumbard, Vivian M.

Outside Looking In: High-functioning autism from one mother's perspective

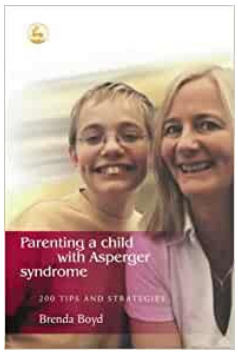
In this book, parent Vivian Lumbard advocates an approach of loving, parenting and supporting the whole, unique child as well as offering a selection of helpful tips based on her experiences staying at home during COVID-19.



Boyd, Brenda

Parenting a Child with Asperger Syndrome: 200 Tips and Strategies

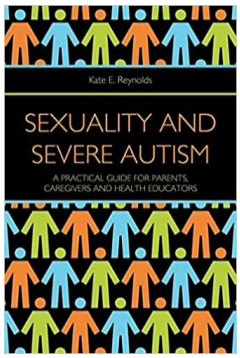
In this book parent Brenda Boyd discusses parents' reaction to their child's AS and gives advice on how better to understand 'Planet Asperger' This book helps parents to respond positively to the challenge of AS and find the 'treasure' in their child's way of being.



Reynolds, Kate E.

Sexuality and Severe Autism: A Practical Guide for Parents, Caregivers and Health Educators

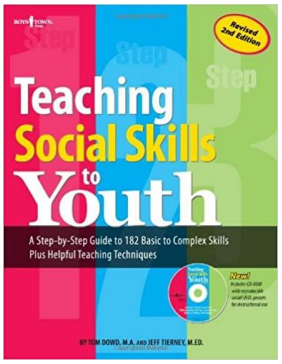
This practical handbook guides you through the process of teaching about sex and sexuality, answering all of the most crucial questions. It is the ideal guide to teaching about sexual issues for any parent, caregiver or health educator caring for a person on the severe end of the autism spectrum.



Dowd, Tom

Teaching Social Skills to Youth

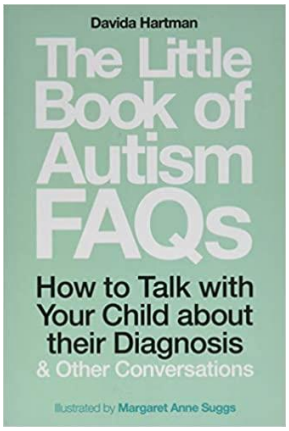
This popular title is now in its 3rd edition and has been updated with enhanced skills and information to help teachers and other youth professionals teach important social skills to youth.



Adrian, Susan

The Little Book of Autism FAQs : How to Talk with Your Child About Their Diagnosis and Other Conversations

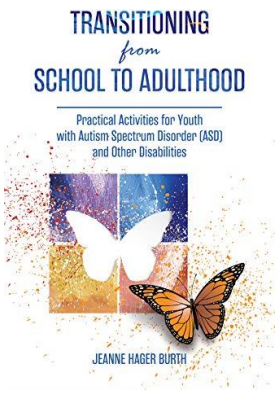
Empowering and practical, this guide is the perfect companion for parents who are finding it difficult to tell their children about their autism diagnosis. It provides a realistic yet uplifting approach to autism, treating it not as a disability but as a difference.



Hager Burth, Jeanne

Transitioning from School to Adulthood: Practical Activities for Youth with Autism Spectrum Disorder (ASD) and Other Disabilities

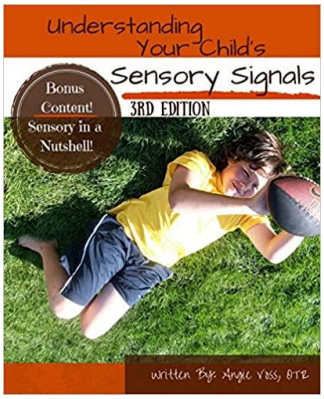
Leaving the school environment and preparing for adulthood is a time of profound change. The chapters in this book describe activities for independent life or supported environments step by step instructions and practice exercises.



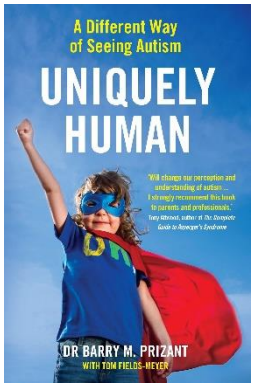
Voss OTR, Angie

Understanding Your Child's Sensory Signals: A Practical Daily Use Handbook for Parents and Teachers

This handbook provides guidance and understanding as to why children do what they do in regards to unique sensory processing differences and needs.

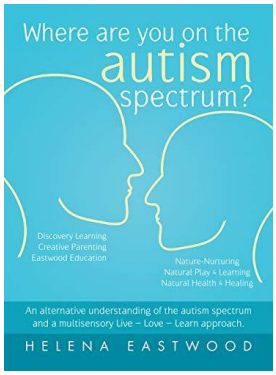


Prizant, Dr. Barry M.
Uniquely Human



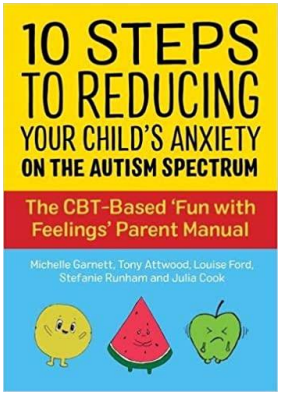
A ground-breaking book on autism by one of the world's leading experts who portrays autism as a unique way of being human.

Eastwood, Helena
Where Are You on the Autism Spectrum?: An Alternative Understanding of the Autism Spectrum and a Multisensory Live – Love – Learn Approach



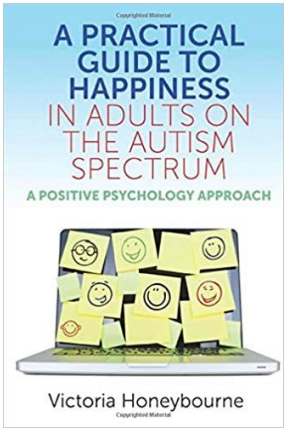
The author Helena Eastwood has been working with positive insights since she began teaching in a special school after completing her mainstream education. Her book 'Where Are You on the Autism Spectrum?' briefly presents her current understanding of autism and how it may be relevant to us all.

Garnett, Michelle
10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum



Written by world-leading experts in the field, 10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum provides the steppingstones for parents of young children with autism to better understand their child's emotional skill set and empower them to understand and articulate their feelings.

Honeybourne, Victoria
A Practical Guide to Happiness in Adults on the Autism Spectrum

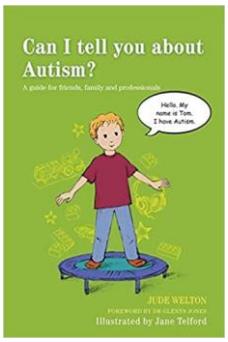


Clear and engaging, this book offers a refreshing positive psychology approach to mental health and autism. Moving away from neurotypical views of happiness, it sets out simple techniques to help adults on the spectrum improve their mental health.

Armstrong, Dr. Dorothy
"The Next Adventure" Transitioning from Primary to Secondary School

Written by Dr.Dorothy Armstrong, MSc PhD, Occupational Therapist and board member of Dyspraxia/DCD Ireland, this book has been compiled to assist those affected by Dyspraxia/DCD at what can be a very stressful time.

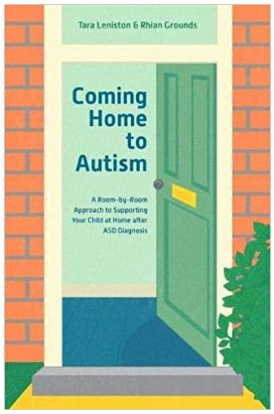
Various Authors
Can I Tell You Book Series



This collection of 11 informative and illustrated books forms an excellent resource library for schools, social care, counselling and other professionals who wish to start discussions and help young people and their families to understand a variety of topics including Autism, Anxiety, OCD, Courage and Down Syndrome

Leniston, Tara

Coming Home to Autism: A Room-by-Room Approach to Supporting Your Child at Home after ASD Diagnosis



What does an autism diagnosis mean for everyday family life? Explore different rooms in the home to better understand how children with autism experience daily activities, and what you can do to support their development.

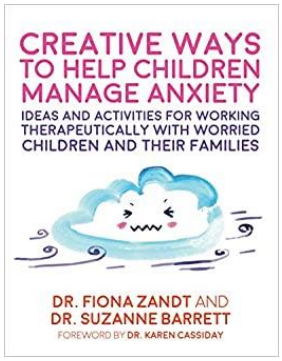
Zandt, Dr. Fiona

Where Are You on the Autism Spectrum?: An Alternative Understanding of the Autism Spectrum and a Multisensory Live – Love – Learn Approach

Help children to stay on top of "big" feelings like anger, sadness and anxiety with this ingeniously easy-to-use therapy toolkit. Focusing on making therapy for children both purposeful and playful, the book provides 47 activities to transform your sessions using everyday materials and a variety of tried-and-tested therapy models.

Zandt, Dr. Fiona

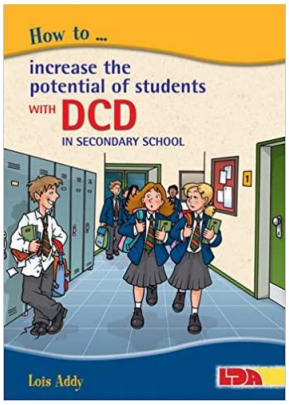
Creative Ways to Help Children Manage Anxiety



This book sets out therapeutic activities to help children aged 4-12 years and their families to better understand and manage anxiety. It explains how to work with anxious children, providing a framework for assessment and therapy that draws on CBT, ACT and narrative therapy approaches.

Addy, Lois

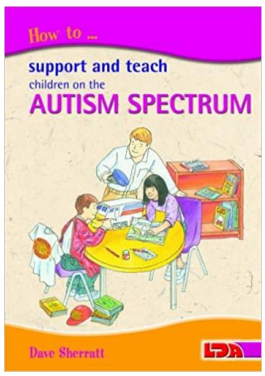
How to Increase the Potential of Students with DCD (Dyspraxia) in Secondary School



This book is intended to inspire teachers and health care professionals to understand the unique needs of young people with DCD, understand why young people with DCD have difficulties in perceptual and motor planning and appreciate the impact of DCD on learning.

Various Authors

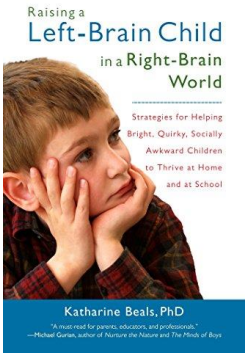
'How To' Book Series



With increased emphasis on inclusion in education, the challenge faced by schools is to provide for the diverse and complex needs of all children. In the 'How To' book series, subjects include teaching kids on the autism spectrum, special educational needs and developing numeracy in children with dyslexia.

Beals, Katherine

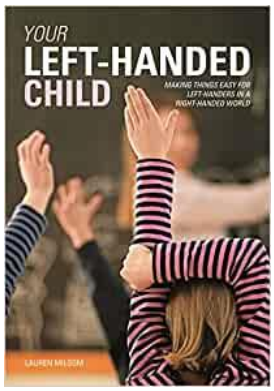
Raising a Left-Brain Child in a Right-Brain World



This book includes strategies for helping bright, quirky, socially awkward children to thrive at home and at school.

Milsom, Lauren

Your Left-handed Child: Making things easy for left-handers in a right-handed world



In 'Your Left-handed Child' leading expert Lauren Milsom describes simple but effective strategies to help the very young through to teenagers overcome the many hurdles they might encounter at school and home.

Baker, Jed

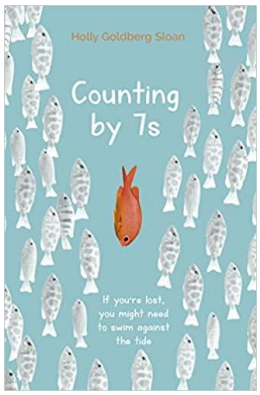
The Social Skills Picture Book: Teaching Communication, Play and Emotion to Children with Autism

Winner of an iParenting Media Award, this book uses photographs of students engaging in a variety of real-life social situations. The realistic format plays to the visual strengths of children with ASD to teach appropriate social behaviours

Books for Children

Goldberg Sloan, Holly

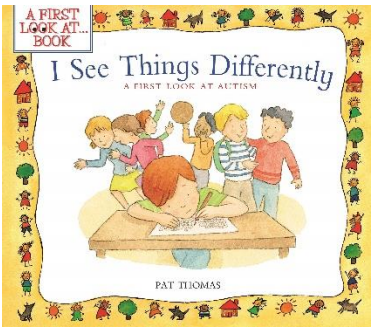
Counting by 7s



COUNTING BY 7S tells the story of Willow Chance, a twelve-year-old genius who is obsessed with diagnosing medical conditions and finds comfort in counting by 7s. It has never been easy for her to connect with anyone other than her adoptive parents, but that hasn't kept her from leading a quietly happy life . . . until now.

Thomas, Pat

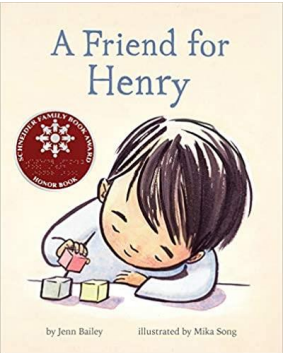
I See Things Differently: A First Look at Autism



In this book, autism is explored in a way that encourages positive interaction among children, parents, and teachers.

Bailey, Jenn

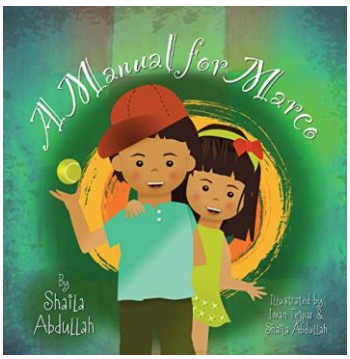
A Friend for Henry



With insight and warmth, this heartfelt story from the perspective of a boy on the autism spectrum celebrates the everyday magic of friendship.

Abdullah, Shaila

A Manual for Marco

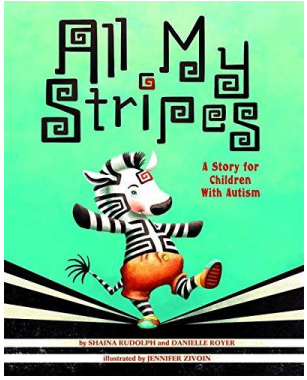


An 8-year old girl decides to make a list of all the things she likes and dislikes about dealing with her autistic brother, and in doing so realizes that she has created A Manual for Marco.

Rudolph, Shaina

All My Stripes: A Story for Children with Autism

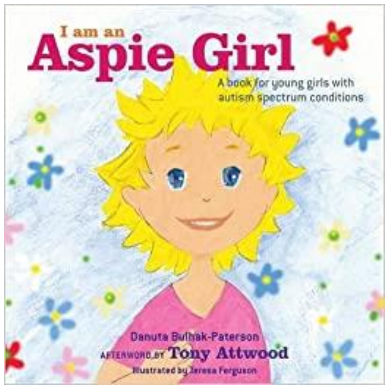
This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special.



Bulhak Paterson,Danuta

Aspie Girl: A book for young girls with autism spectrum conditions

An illustrated story book for girls with an Autism Spectrum Disorder (ASD) aged approximately 5 years to 11 years, to help them understand their diagnosis and their differences and strengths.



Baggott, Stella

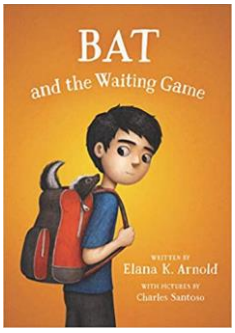
Baby's Very First Touchy-Feely Lift the Flap Playbook

A bright and vibrant board book full of colourful pictures to explore, with flaps to lift and touchy-feely patches for little fingers to play with. A wonderful interactive book to share together - babies won't be able to resist helping to turn the pages and lifting the flaps to find hidden surprises.

Arnold, Alana K.

Bat and the Waiting Game

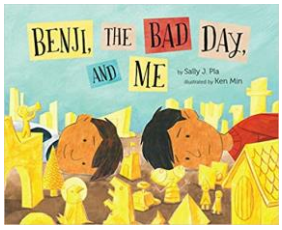
Author Elana K. Arnold returns with another irresistible story of friendship in this widely acclaimed series starring an unforgettable boy on the autism spectrum.



Pla, Sally J.

Benji, the Bad Day, and Me

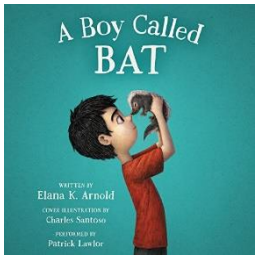
In this tender story about siblings, author Sally J. Pla shares her experience of raising sons with different personality traits and needs. Benji, the Bad Day, and Me embraces the philosophy that we are all part of a wide spectrum of neurodiversity.



Arnold, Elana K

A Boy Called Bat

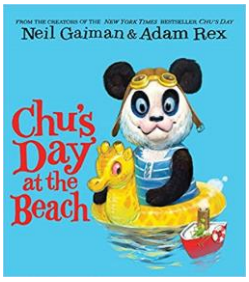
The first book in a funny, heartfelt, and irresistible young middle grade series starring an unforgettable young boy on the autism spectrum.



Gaiman, Neil

Chu's Day at the Beach

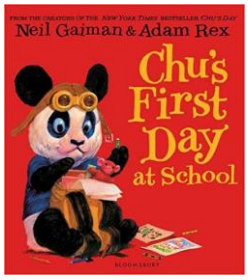
Chu and his family are going to the beach! Chu is excited. He will get to play in the sand and wade in the water. But what will happen if Chu sneezes at the beach? And what will happen if he doesn't?



Gaiman, Neil

Chu's First Day at School

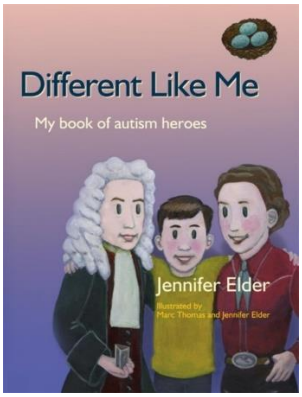
Chu is a little panda with a BIG sneeze and when his first day at school approaches he is nervous. Will the other boys and girls be nice? Will they like Chu? A fabulously warm and funny story about little Chu and his enormous sneeze.



Elder, Jennifer

Different Like Me: My Book of Autism Heroes

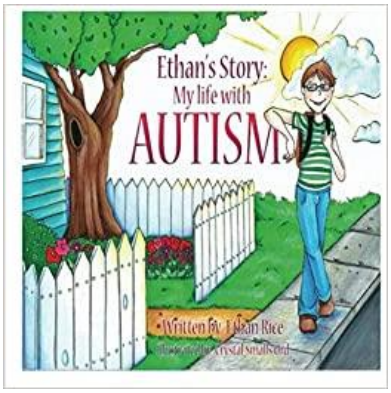
Eight-year-old Quinn, a young boy with Asperger's Syndrome, tells young readers about the achievements and characteristics of his autism heroes.



Rice, Ethan

Ethan's Story : My Life With Autism

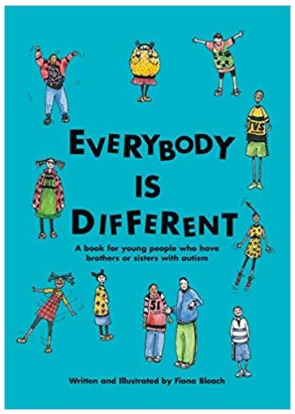
A children's book written by eight year old Ethan Rice who happens to be autistic. In this fully illustrated book Ethan explains what autism means to him and why he feels so very blessed that he was born this way.



Bleach, Fiona

Everybody is Different : A Book for Young People Who Have Brothers or Sisters with Autism

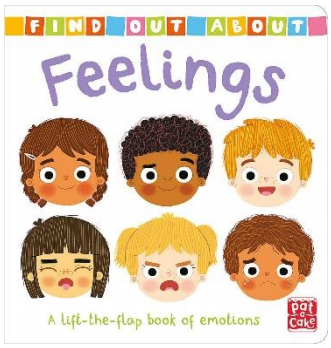
Explaining the characteristics of autism, this book features helpful suggestions for making family life more comfortable for those concerned.



Pat-A-Cake

Find Out About Feelings

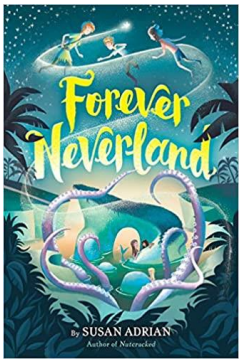
Help curious pre-schoolers find out more about themselves with these fantastic lift-the-flap board books. Find Out About: Feelings helps curious pre-schoolers get to grips with their feelings and emotions - a key topic for both them and their parents.



Adrian, Susan

Forever Neverland

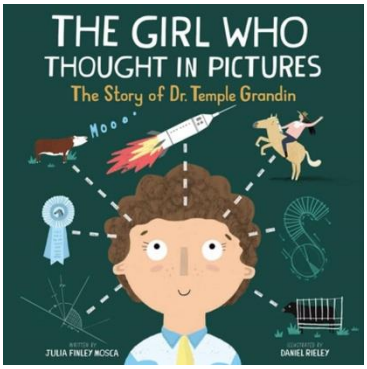
In an imaginative and thoughtful continuation of the story of Peter Pan, Susan Adrian explores Neverland with a fresh perspective and indelible warmth, offering a new adventure based on a beloved classic!



Finley Mosca, Julia

The Girl Who Thought in Pictures: The Story of Dr Temple Grandin

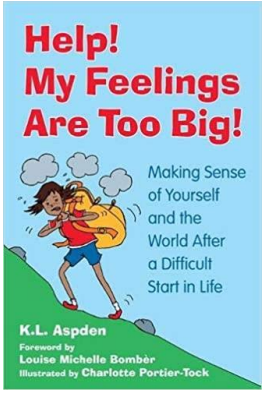
When Temple Grandin was diagnosed with autism, no one expected her to talk, let alone become one of the most powerful voices in modern science. Yet, the determined visual thinker did just that. Her unique mind allowed her to connect with animals in a special way, helping her invent ground-breaking improvements for farms around the globe!



Aspden, K.L.

Help! My Feelings Are Too Big!

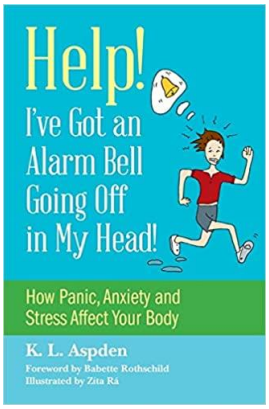
Designed to help build emotional awareness, this book offers friendly support for children aged 9-12 who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.



Aspden, K.L.

Help! I've Got an Alarm Bell Going Off in My Head!

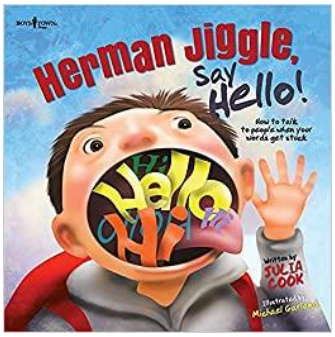
Designed for ages 9-12, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences.



Cook, Julia

Herman Jiggle Say Hello

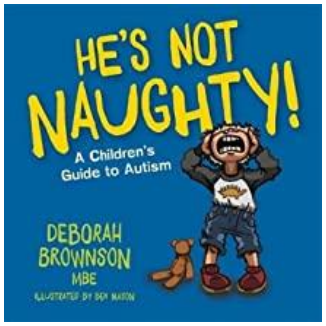
Award-winning author, teacher and parenting expert, Julia Cook, pens a new book series that is sure to have kids laughing out loud as you empathise with Herman as he tries his new skills. Follow Herman as he fumbles along the way to growing comfortable while speaking with others.



Brownson, Deborah

He's not Naughty!: A Children's Guide to Autism

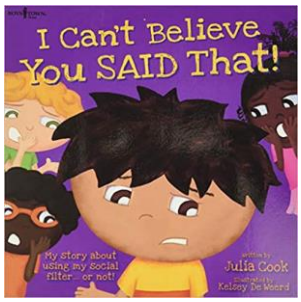
This distinctively illustrated book is a quick and quirky way to explain to friends and family why children with autism behave the way they do. Unique visuals provide a great sense of what it's truly like to have autism, making this the perfect book for children 6 and up to learn about autism.



Cook, Julia

I Can't Believe You Said That!

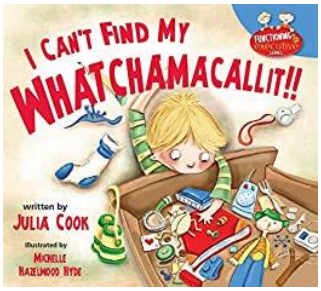
This series of books helps to teach children social skills that can make home life happier and school more successful.



Cook, Julia

I Can't Find My Whatchamacallit

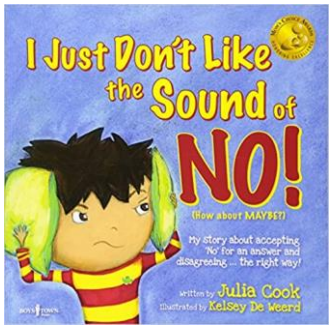
This storybook is the first in the "Functioning Executive" book series. It highlights the importance of being organized in a creative, applicable way. It also spotlights the unique differences and strengths that live in all of us.



Cook, Julia

I Just Don't Like the Sound of No!

'I Just Don t Like the Sound of NO!' is another title in the BEST ME I Can Be! series of books from Boys Town Press that teaches children social skills that can make home life happier and school more successful.



Parr, Todd

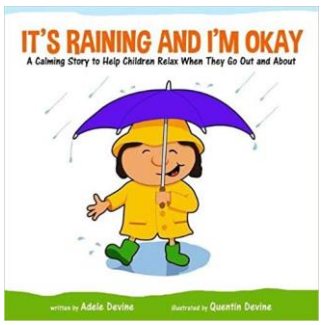
It's Okay to be Different

Told with Todd Parr's signature wit and wisdom, 'It's Okay to Be Different' cleverly delivers the important messages of acceptance, understanding, and confidence in an accessible, child-friendly format.

Devine, Adele

It's Raining and I'm Okay

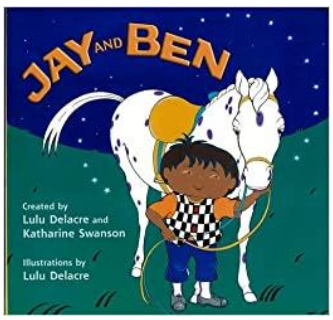
This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.



Delacre, Lulu

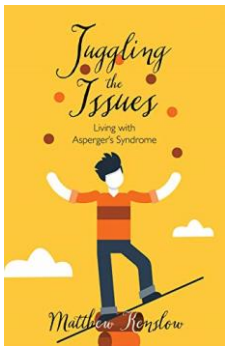
Jay and Ben

'Jay and Ben' is an interactive book developed for use with children with developmental and learning differences and disabilities, including autism spectrum disorder (ASD), attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), and dyslexia.



Kenslow, Matthew

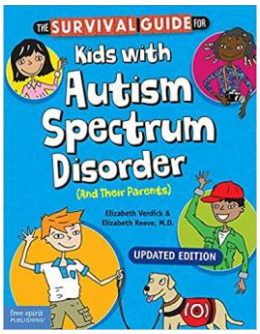
Juggling the Issues: Living With Asperger's Syndrome



Matthew Kenslow was diagnosed with Asperger's Syndrome, which is within the autistic spectrum, when he was six years old. If you want to better understand those living with Asperger's, you need to read this book. The insights Kenslow shares come from his deep experience of living with it and making the most of life's opportunities.

Verdick, Elizabeth

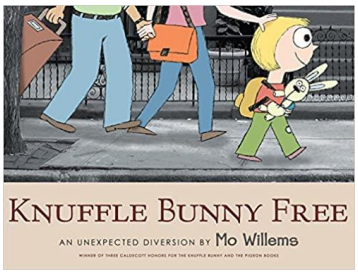
The Survival Guide for Kids with Autism Spectrum Disorder (And Their Parents)



This positive, straightforward reference book offers kids with autism spectrum disorder (ASD) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.

Willems, Mo

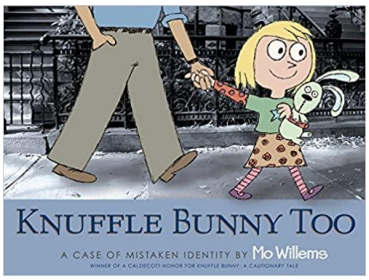
Knuffle Bunny Free: An Unexpected Diversion



Leonardo is truly a terrible monster-terrible at being a monster that is. No matter how hard he tries, he can't seem to frighten anyone. Determined to succeed, Leonardo sets himself to training and research.

Willems, Mo

Knuffle Bunny Too: A Case of Mistaken Identity



Trixie can't wait to bring her one-of-a-kind Knuffle Bunny to school and show him off to everyone. But when she gets there, she sees something awful: Sonja has the same bunny. In the tradition of Knuffle Bunny, this is another heartfelt, hilarious picture book that children (and their parents) will love.

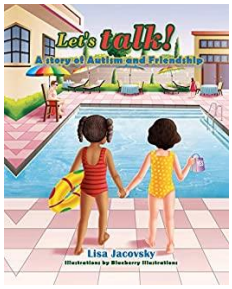
DeMonia, Lori

Leah's Voice

Children who have a brother or sister with special needs may find it difficult to explain to their friends, or feel disappointed when their friends aren't more understanding. Leah's Voice tells the story of two sisters facing these challenges.

Jacovsky, Lisa

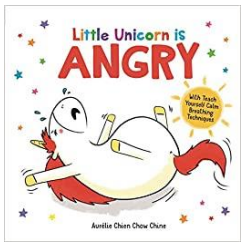
Let's talk! A story of Autism and Friendship



'Let's Talk' tells the story of 7-year-old Harper and her new friend Emma who has Autism Spectrum Disorder. Determined to not let this stand in the way of her new friendship, Harper becomes determined to learn how to communicate with Emma.

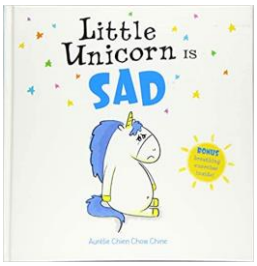
Chien Chow Chine, Aurélie
Little Unicorn Is Angry

For fans of unicorns, Mr. Men, and Little Miss, this book in the Little Unicorn series about coping with strong feelings offers tools to manage anger and temper tantrums--and integrates a breathing exercise right into the story.



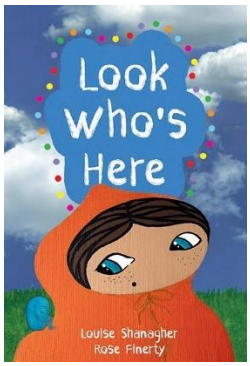
Chien Chow Chine, Aurélie
Little Unicorn Is Sad

This distinctive series about coping with strong feelings integrates a breathing exercise into the story, making these books perfect for parents who are seeking practical tools for their children.



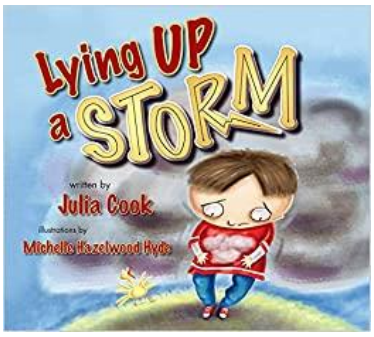
Shanagher, Louise
Look Who's Here

This book helps children to understand and manage difficult thoughts and emotions, whilst encouraging them to relate to their feelings with mindfulness and self-compassion.



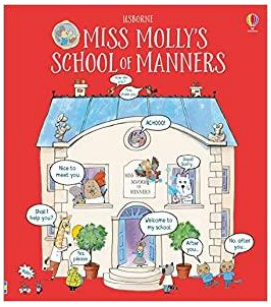
Cook, Julia
Lying Up a Storm

This book is a great resource to help children understand not only the consequences of telling a lie, but also how one lie can often lead to telling several more. It will help parents and teachers understand that lying can be a normal and sometimes healthy response for a child and offers tools to help guide children toward truthfulness.



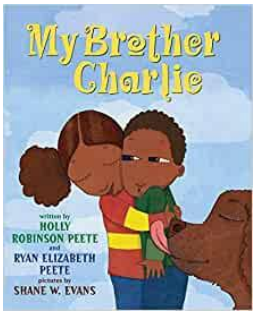
Maclaine, James
Miss Molly's School of Manners

A charmingly illustrated picture book about a little raccoon called Algernon and his extraordinary day at Miss Molly's school. Algernon's manners are bad at first... but lessons in the Sharing Studio and Listening Carefully Lab, soon have a transformative effect.



Robinson Peete, Holly
My Brother Charlie

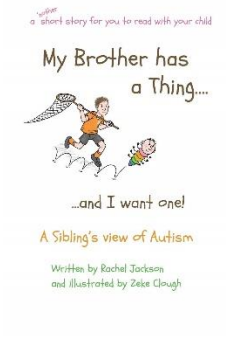
Actress and national autism spokesperson Holly Robinson Peete collaborates with her daughter on this book based on Holly's 10-year-old son, who has autism.



Jackson, Rachel

My Brother has a Thing… And I want one!

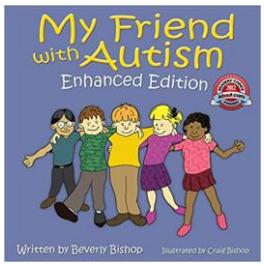
A follow up to her first picture story about a child diagnosed with an Autistic Spectrum Disorder, this book takes an empathetic view of the disorder from the perspective of a sibling who feels at times jealous, frustrated but also in awe of his brother.



Bishop, Beverly

My Friend with Autism

'My Friend with Autism' Enhanced Edition is the exceptional result of author and parent Beverly Bishop's determination to educate her son's classmates about autism, thus helping her son fit in at school.



Taplin, Sam

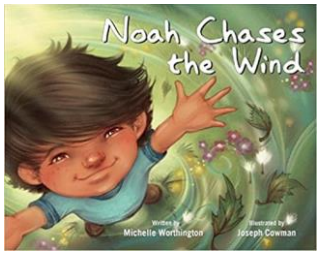
Night Sounds

Discover the magic of the night in this enchanting sound book. Little children will love listening to sleeping cats purring, owls twit-twooing and bats squeaking when they press the sound buttons on the pages of this beautifully illustrated book.

Worthington, Michelle

Noah Chases the Wind

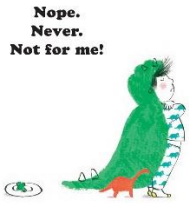
Filled with rich, sweeping illustrations, this picture book celebrates the inquisitive nature of all children, including those on the autism spectrum, who cannot stop asking a question until an answer has been unearthed.



Cotterill, Samantha

Nope. Never. Not for Me!

This gentle story guides kids on the Autism Spectrum and/or with sensory sensitivities (such as SPD) through trying a new food, with support and encouragement aplenty.



Webster, Avril

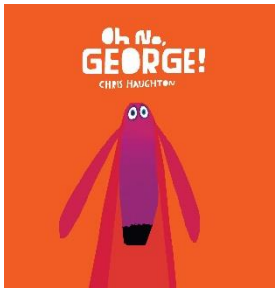
Off We Go Series

This series of books prepares children for a particular event, such as going to the dentist or going shopping. The books explain 'what comes next' on an outing, and therefore help children to get through the task or situation more easily, and ultimately reduce stress for themselves and those around them.

Haughton, Chris

Oh No, George!

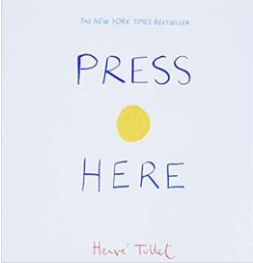
Chris Haughton's fetchingly funny story and vibrant, retro illustrations are sure to lure dog lovers of all ages—and anyone who has ever met a temptation too good to resist.



Tullet, Herve

Press Here

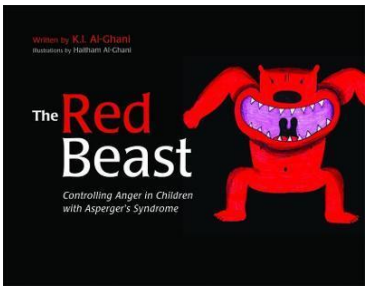
Press the yellow dot on the cover of this interactive children's book, follow the instructions within, and embark upon a magical journey. Each page of this surprising touch book instructs the reader to push the button, shake it up, tilt the book, and who knows what will happen next.



Al-Ghani, K.I.

The Red Beast: Controlling Anger in Children with Asperger's Syndrome

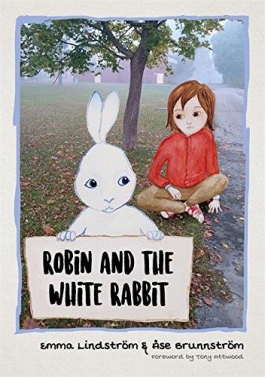
This vibrant, fully illustrated children's storybook is written for children aged 5-9, and is an accessible, fun way to talk about anger. It includes useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.



Brunstromm, Ase

Robin and the White Rabbit: A Story to Help Children with Autism to Talk about their Feelings and Join In

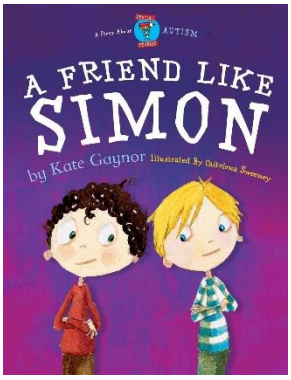
Through delightful illustrations and photographs, this picture book helps children who struggle with social isolation find a way to communicate with those around them. It can be read by children themselves or with adults as a learning tool, helping children learn to express their feelings through the use of visual communication cards.



Gaynor, Kate

A Friend Like Simon

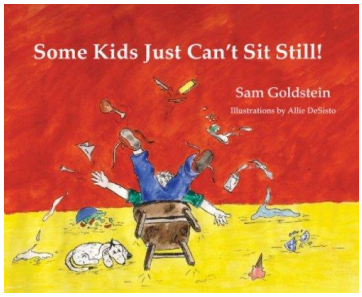
When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat 'different' to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group.



Goldstein, Sam

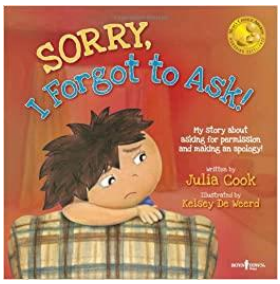
Some Kids Just Can't Sit Still!

Written in a Seussian style, this delightful story explains why children suffering from attention deficit/hyperactivity disorder (ADHD) react differently to simple situations in their daily lives. Explaining the symptoms of ADHD in an entertaining way, this tale helps children understand their differences, accept treatment, and retain positive self-esteem.



Cook, Julia

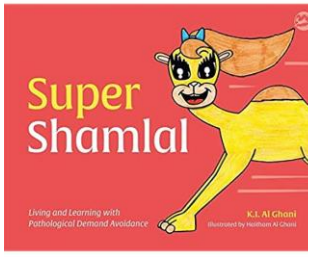
Sorry, I Forgot to Ask!



'SORRY, I Forgot to Ask!' is the third title in the award-winning BEST ME I Can Be! series from Boys Town Press that teaches children social skills that can make home life happier and school more successful.

Al-Ghani, Kay

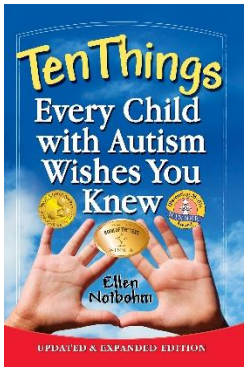
Super Shamlal



This simple, illustrated storybook will help children aged 7-11 with PDA (pathological demand avoidance) to recognise its features, and develop tools to support them. A helpful introduction for parents and carers explains how it feels to live with the panic attacks and general anxiety that are caused by living with PDA.

Notbohm, Ellen

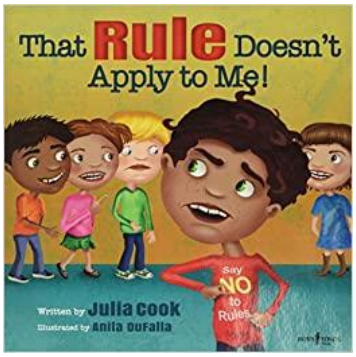
Ten Things Every Child with Autism Wishes You Knew



This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

Cook, Julia

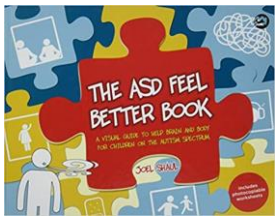
That Rule Doesn't Apply to Me!



This book makes a great gift for children with behavioural disorders. It's also a great tool for teaching children ages 7 through 10 important values, like how to respect themselves, respect others and that there really are benefits to having rules!

Shaul, Joel

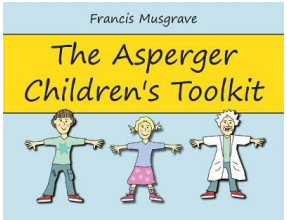
The ASD Feel Better Book



The ASD Feel Better Book is designed to help children on the autism spectrum develop insight into what can upset them and make them feel bad and then increase their awareness of how to make themselves feel good again.

Musgrave, Francis

The Asperger Children's Toolkit

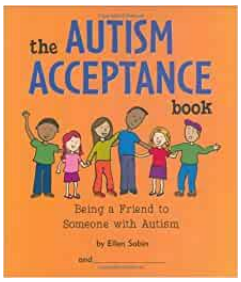


Growing up with Asperger Syndrome (AS) can throw up all sorts of challenges, but never fear, The Brain Guru, The Sensory Detective and The Social Scientist are here to help! These likeable characters guide children with AS through some of the trickiest, stickiest conundrums known to humankind!

Sabin, Ellen

The Autism Acceptance Book

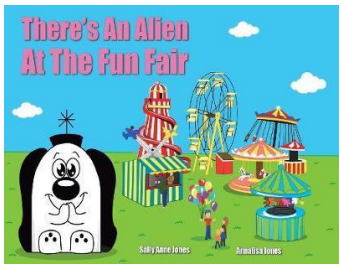
The Autism Acceptance Book is an activity book, a conversation-starter, and an educational tool that engages children in learning to embrace people's differences and treat others with respect, compassion, and kindness.



Jones, Sally

There's an Alien Book Series

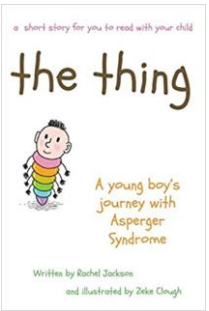
'There's an Alien' book series helps adults open a discussion with their kids about a variety of different topics including feeling anxious or worried, showing respect and being patient.



Jackson, Rachel

The Thing

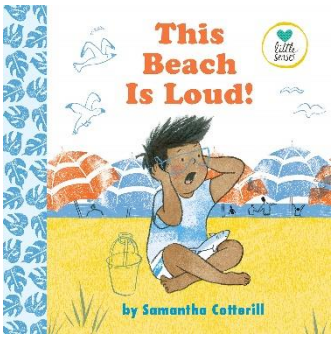
'The Thing' is a simple story poetically told by a loving mother of a 7-year-old boy with High Functioning Asperger's. Written to fill the hole she had found in this very niche market, it shows you how to support your child to accept themselves as they are.



Cotterill, Samantha

This Beach is Loud!

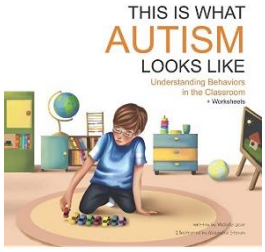
In 'This Beach Is Loud!', a sensitive boy gets overwhelmed by all the sights, sounds, and sensations at the beach. Luckily, his dad has a trick up his sleeve to help his son face these unexpected obstacles.



Ucar, Michelle

This Is What Autism Looks Like

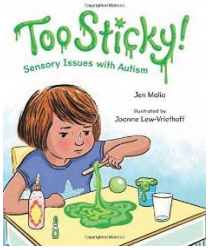
Julen is a primary school student who teaches us about some common behavioural characteristics of autism in the classroom. The goal is to help educate his peers on the challenges that kids on the spectrum might face throughout the school day.



Malia, Jen

Too Sticky!: Sensory Issues with Autism

Holly loves doing experiments and learning new things in science class! But when she finds out the next experience is making slime, she's worried. Holly has sensory issues because of her autism and doesn't like anything sticky! With help from family and her teacher, Holly receives the accommodations and encouragement she needs to give slime a try.



Frost, Mitch

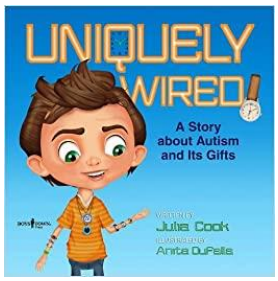
The Ultimate Survival Guide to Monsters Under the Bed

A humorous take on a classic childhood concern offering the ultimate step-by-step survival guide. Perfect for anyone who lies awake at night worrying about monsters.

Cook, Julia

Uniquely Wired: A Story about Autism and Its Gifts

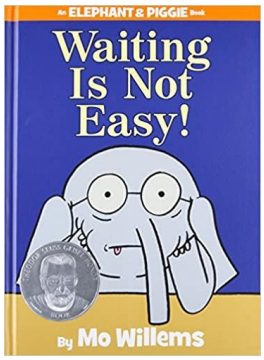
Zak is obsessed with watches. Before that it was trains. Zak also has autism, so he sometimes responds to the world around him in unconventional ways. As Zak describes his point of view, young readers gain a better understanding of his behaviours and learn valuable lessons about patience, tolerance and understanding.



Willems, Mo

Waiting Is Not Easy!

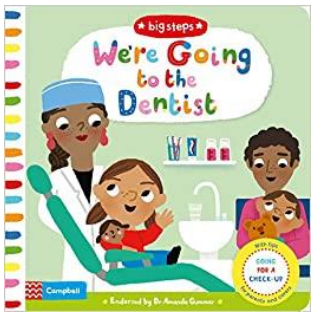
In 'Waiting Is Not Easy!', Piggie has a surprise for Gerald, but he is going to have to wait for it. And Wait. And wait some more...



Campbell Books

We're Going to the Dentist

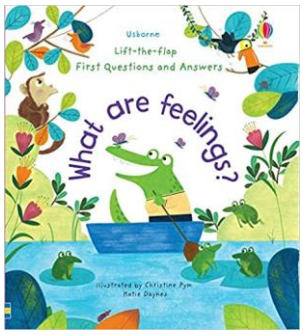
The Big Steps series is designed to help little ones (and their parents or carers) with everyday experiences in their lives. In We're Going to the Dentist, meet Nancy and Teddy, who go for a dental check-up for the first time.



Usborne Books

What are Feelings?

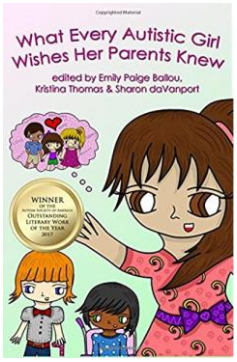
This thoughtful book explores happiness, sadness, anger, fear and worry in a friendly and approachable way for little children. Adorable animal characters experience different emotions, while flaps reveal the answers to important questions such as 'Why don't I feel happy all the time?' and 'How can I cheer up my friend?'



Autism Women's Network

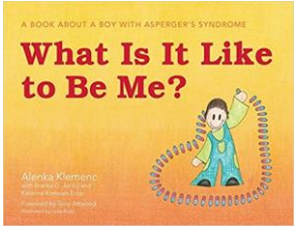
What Every Autistic Girl Wishes Her Parents Knew

In this first book release from the Autism Women's Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.



Klemenc, Alenka

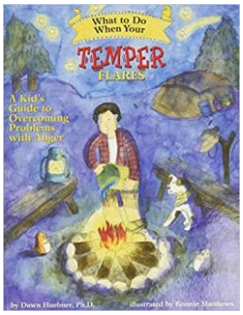
What Is It Like to Be Me?



Join Greg, a young boy with Asperger's syndrome (AS), as he tells us all about the world as he sees and experiences it. By explaining the way he feels and how best to calm him down when it all gets too much, Greg helps us to understand AS and how it affects the way he views the people and objects around him.

Huebner, Dawn

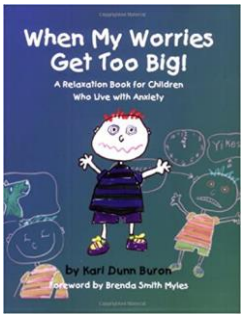
What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger



This interactive self-help book teaches children a set of 'anger dousing' methods aimed at cooling angry thoughts and controlling angry actions.

Dunn Buron, Kari

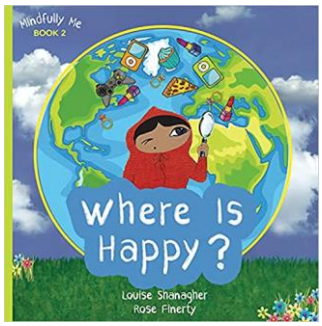
When My Worries Get Too Big



Engaging and easy to read, this illustrated book is filled with opportunities for children to participate in developing their own self-calming strategies.

Shanagher, Louise

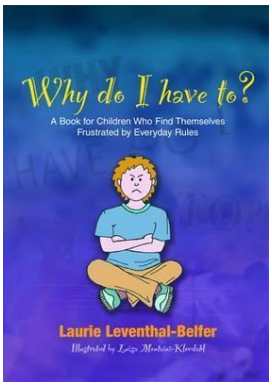
Where is Happy?



'Where is Happy?' is the second book in a new series that addresses the rise in young children's anxiety and stress in a practical and helpful way.

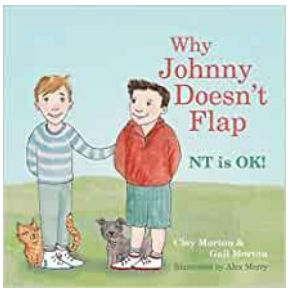
Leventhal-Belfer, Laurie

Why Do I Have To? A Book for Children Who Find Themselves Frustrated by Everyday Rules



Morton, Clay and Gail

Why Johnny Doesn't Flap: NT is OK!

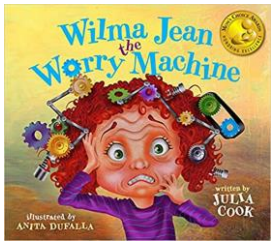


A picture book with a difference, Why Johnny Doesn't Flap turns the tables on common depictions of neurological difference by drolly revealing how people who are not on the autistic spectrum are perceived by those who are.

Cook Julia

Wilma Jean the Worry Machine

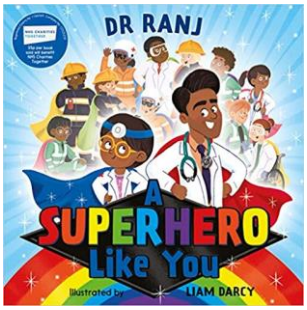
This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety.



Singh, Dr, Ranj

A Superhero Like You

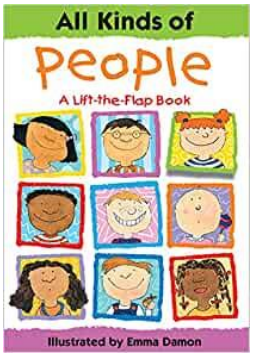
This uplifting picture book celebrates key-workers, and shows little readers that we all have the potential within us to be superheroes.



Damon, Emma

All Kinds of People: a Lift-the-Flap Book

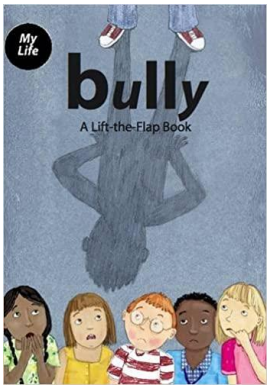
People come in all different shapes and sizes and have different interests and hobbies, and this lift-the-flap book celebrates all kinds of children in a warm, humorous way. It includes a mirror and a chart for writing in personal, special characteristics.



Fuller, Rachel

Bully: A Lift-the-Flap Book

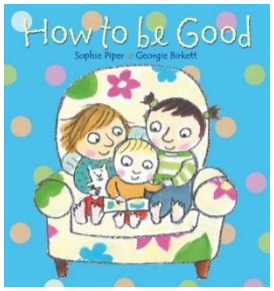
This lift-the-flap book covers all sorts of bullying - physical, emotional, cyberspace. The information is presented in a straight-talking, accessible format with pictures, encouraging children to open up and talk about their own experiences.



Piper, Sophie

How to be Good

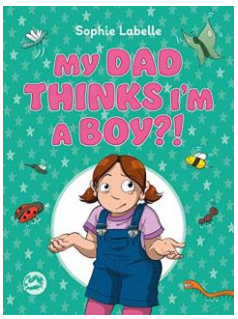
This information book for the very young conveys its message through charming pictures of toddlers in everyday situations. Some are being good, others are being mischievous, and the consequences of their mischief are comic yet cautionary.



Labelle, Sophie

My Dad Thinks I'm a Boy?!: A Trans Positive Children's Book

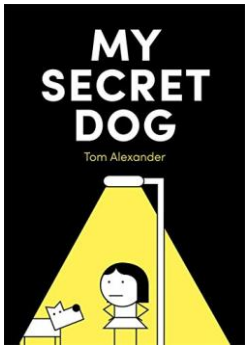
This powerful and uplifting book for children aged 6 - 9 and their families humorously portrays a situation that is often too common, where a trans child is forced to negotiate between their true self and their parents' love.



Alexander, Tom

My Secret Dog

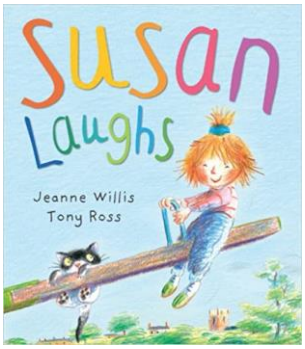
Beautifully understated and full of whimsy, 'My Secret Dog' depicts a child's sense of slowly discovering that getting what they want is not as straightforward as it might first appear



Willis, Jeanne

Susan Laughs

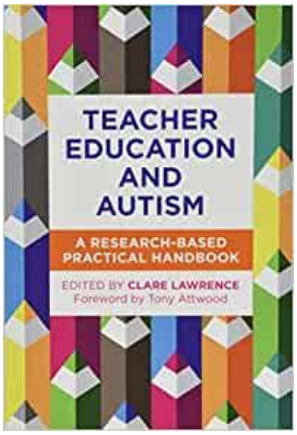
Susan laughs, she sings, she flies, she swings. She's good, she's bad, she's happy and she's sad. In fact, Susan is just like everybody else, even though she is in a wheelchair.



Lawrence, Clare

Teacher Education and Autism

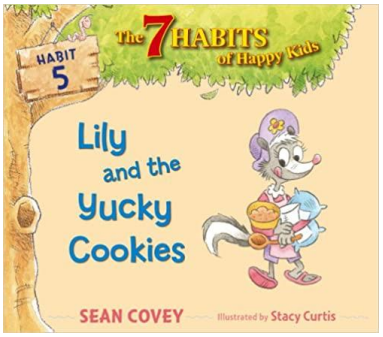
This is a research-based guide that provides a framework for effective training around autism for teachers. An edited collection of short chapters, the book is full of practical activities and discussion points ideally suited for time-stretched trainee teachers, those leading training courses and busy teachers continuing to learn on the job.



Covey, Sean

The 7 Habits of Happy Kids

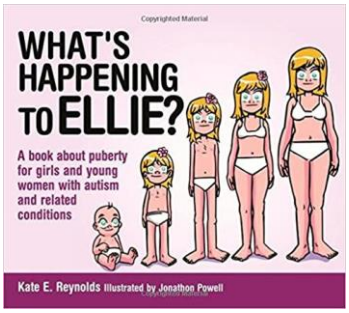
This series of books teach the life-ready principles of initiative, planning, teamwork, and more to primary school children.



Reynolds, Kate E.

What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions

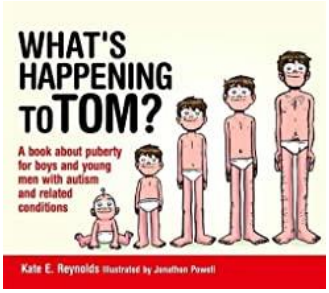
Following Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty.



Reynolds, Kate E.

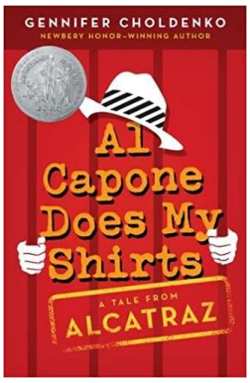
What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions

Following Tom as he begins to notice changes to his body, this simple resource helps parents and carers teach boys with autism or other special needs about puberty.



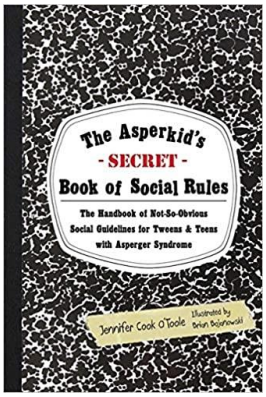
Choldenko, Gennifer
Al Capone does my shirts

When Moose Flanagan and his family move home, yet again, and become residents of the famous prison island Alcatraz, things get interesting. This is a charming, funny and utterly enchanting book that skilfully and delicately weaves a humorous tale with some important issues.



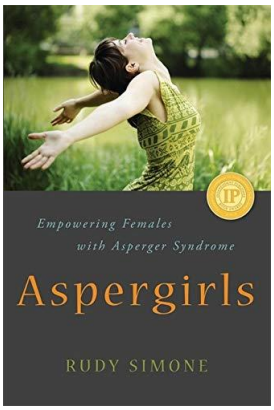
Cook O'Toole, Jennifer
The Asperkid's (Secret) Book of Social Rules

Chock full of illustrations, logic and even a practice session or six (in comic strip style), this is the handbook every adult Aspie wishes they'd had growing up, but never did.



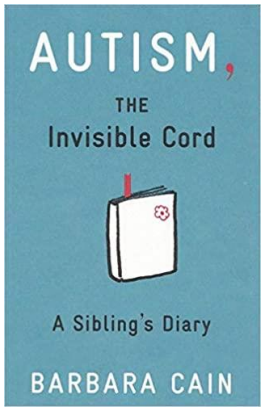
Simone, Rudy
Aspergirls

This is a must-have handbook for Aspergirls young and old. Rudy Simone guides you through every aspect of both personal and professional life to friendships, romance and marriage.



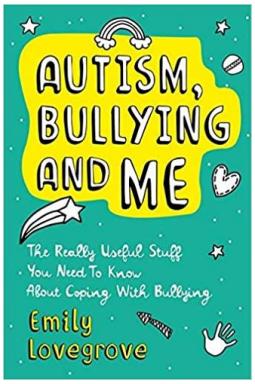
Cain, Barbara S.
Autism, the Invisible Cord: A Sibling's Diary

The Invisible Cord follows 14-year-old Jenny as she describes her day-to-day life with her younger autistic brother Ezra.



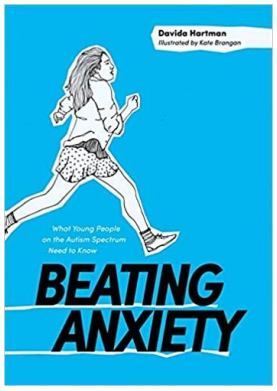
Lovegrove, Emily
Autism, Bullying and Me

This accessible guide for autistic children and teens is full of advice for coping successfully with bullying. It helps the reader understand what bullying is and debunks myths such as 'bullying makes you stronger'. It also lays out self-empowering strategies and practical tips on how to deal with situations where they are being bullied.



Hartman, Davida
Beating Anxiety

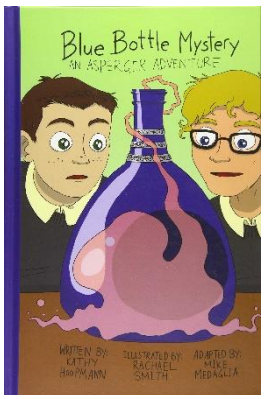
Ideal for children and young people aged 8 to 14, the ideas in this book will help you feel less stressed at home, at school and with friends, and give you healthy habits and coping techniques to last a lifetime.



Hoopman, Kathy

Blue Bottle Mystery: The Graphic Novel (An Asperger Adventure)

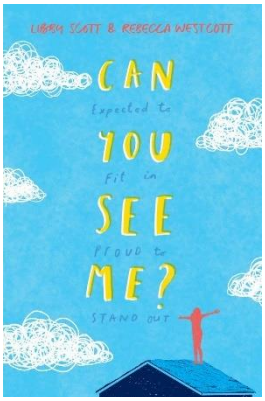
When Ben and his friend Andy find an old bottle in the school yard, little do they know of the surprises about to be unleashed in their lives. Bound up with this exciting mystery is the story of how Ben is diagnosed with AS and how he and his family deal with the problems and joys that come along with it.



Scott, Libby

Can You See Me?

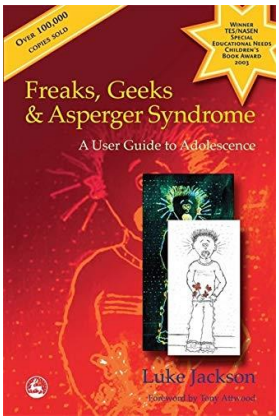
A coming-of-age story about learning to celebrate yourself -- and teaching the world to recognize you, too -- perfect for fans of R.J. Palacio's Wonder!



Jackson, Luke

Freaks, Geeks and Asperger Syndrome

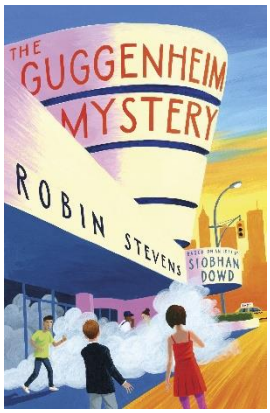
Luke Jackson is 13 years old and has Asperger Syndrome. Drawing from his own experiences he writes this enlightening, honest and witty book in an attempt to address difficult topics such as bullying, friendships, and when and how to tell others about AS.



Stevens, Robin

The Guggenheim Mystery

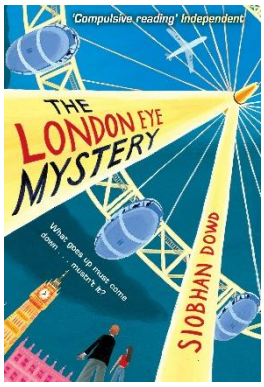
The adventure that began in Siobhan Dowd's popular and acclaimed novel 'The London Eye Mystery' at long last continues with Ted, Kat, and their cousin Salim investigating a theft at the Guggenheim Museum that's been pinned on Salim's mother!



Dowd, Siobhan

The London Eye Mystery

Ted and Kat watched their cousin Salim board the London Eye, but after half an hour it landed and everyone trooped off—except Salim. Where could he have gone? How on earth could he have disappeared into thin air? This is an unputdownable spine-tingling thriller!



Mazer, Harry

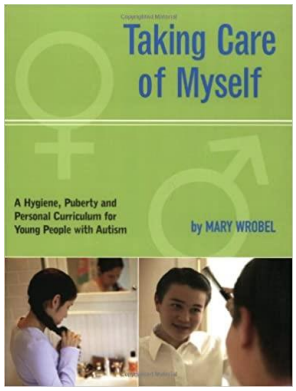
Somebody, Please Tell Me Who I Am

A soldier returns home from Iraq forever changed in this poignant and pivotal novel from award-winning authors–one a veteran.

Wrobel, Mary

Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism

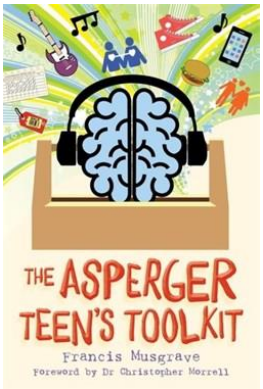
Puberty can be especially tough when young people have autism or other special needs. Through simple stories, author Mary Wrobel teaches caregivers exactly what to say and not say, and shows how you can create helpful stories of your own.



Musgrave, Francis

The Asperger Teen's Toolkit

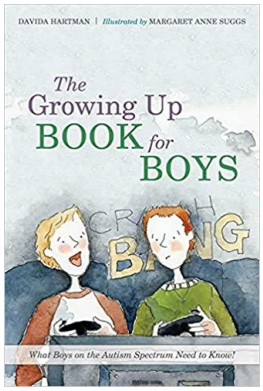
Dealing with the everyday realities facing teens with Asperger Syndrome, this book presents a toolkit of tried-and-trusted ideas to help them work through difficulties and find the solutions that work best for them.



Hartman, Davida

The Growing Up Book for Boys

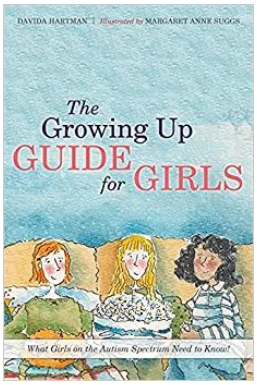
The pre-teen and teenage years are a confusing time when bodies start acting with a will of their own, friendships change and crushes start to develop. Using direct literal language and cool colour illustrations, this book tells boys all they need to know about growing hair in new places, shaving, wet dreams and more.



Hartman, Davida

The Growing Up Guide for Girls

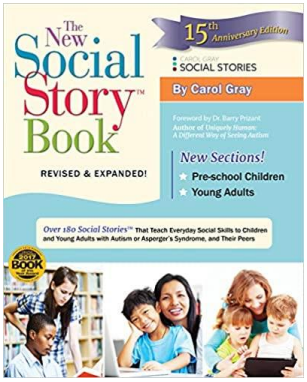
The pre-teen and teenage years are a bumpy time when bodies change, emotions are high and peers are developing at different paces. This book explains that everybody is beautiful and unique and encourages young girls with autism to celebrate difference!



Gray, Carol

The New Social Story Book: Over 150 Social Stories That Teach Everyday Social Skills to Children and Adults with Autism and Their Peers

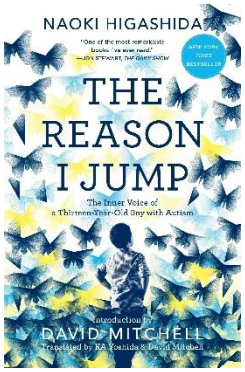
Since the early 90s, Carol Gray's world-famous Social Stories have helped thousands of children with autism spectrum disorders. This 15th Anniversary Edition of her best-selling book offers over 150 ready-to-use stories that parents and educators have depended on for years



Higashida, Naoki

The Reason I Jump

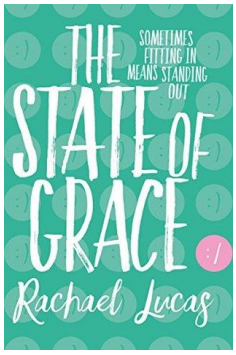
You've never read a book like 'The Reason I Jump'. Written by 13-year-old Naoki Higashida, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine.



Lucas, Rachael

The State of Grace

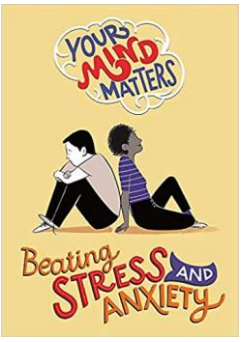
Whip-smart, hilarious and unapologetically honest, The State of Grace by Rachael Lucas is a heart-warming story of one girl trying to work out where she fits in, and whether she even wants to.



Brand, Miller

Beating Stress and Anxiety The Natural And Practical Way

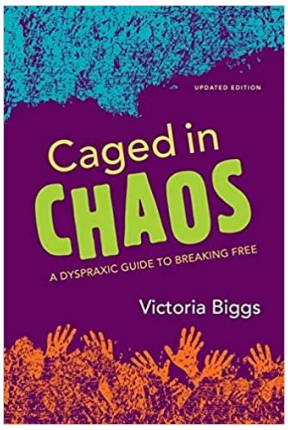
This book contains numerous tips and tricks to help beat stress and anxiety in a practical and natural way.



Biggs, Victoria

Caged in Chaos: A Dyspraxic Guide to Breaking Free

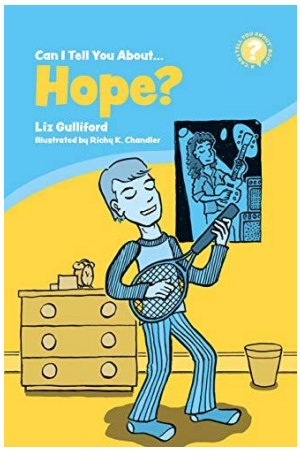
Written by a teenager with dyspraxia, this is a humorous and inspiring practical guide for young adults with dyspraxia and those around them trying to get to grips with the physical, social and psychological chaos caused by developmental co-ordination disorders (DCDs).



Gulliford, Liz

Can I Tell You About Hope?

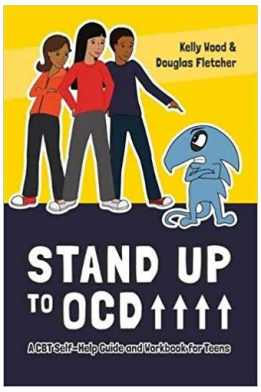
Join Matt as he learns what hope means, and why it is important. Written to encourage discussion, this book is the perfect introduction for young people on this topic.



Wood, Kelly

Stand Up to OCD!: A CBT Self-Help Guide and Workbook for Teens

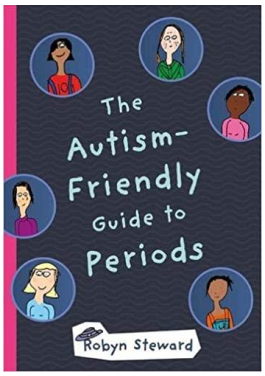
This illustrated CBT self-help guide and workbook is ideal for young people with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book.



Steward, Robyn

The Autism-Friendly Guide to Periods

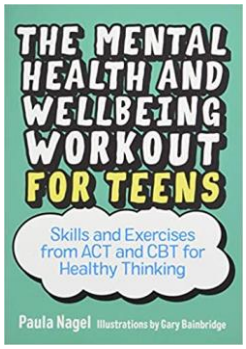
Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue.



Nagel, Paula

The Mental Health and Wellbeing Workout for Teens

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic



Rooke, Margaret

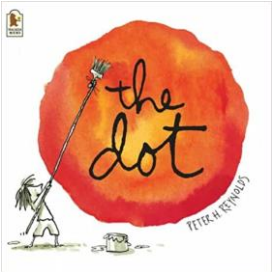
You Can Change the World!: Everyday Teen Heroes Making a Difference Everywhere

This inspirational book tells the stories of more than 50 of today's teenagers who've dared to change the world they live in.

Reynolds, Peter H.

The Dot

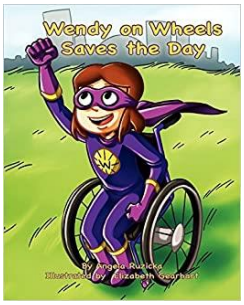
With wit, charm and free-spirited illustrations, Peter H. Reynolds encourages even the stubbornly uncreative among us to make a mark – and follow where it takes us.



Ruzicka, Angela

Wendy on Wheels Saves The Day

Aimed towards children between the ages of three and ten, Wendy on 'Wheels Saves the Day' is sure to put a smile on your child's face. With discussion questions at the end, this book is an excellent teaching resource for children of all abilities.



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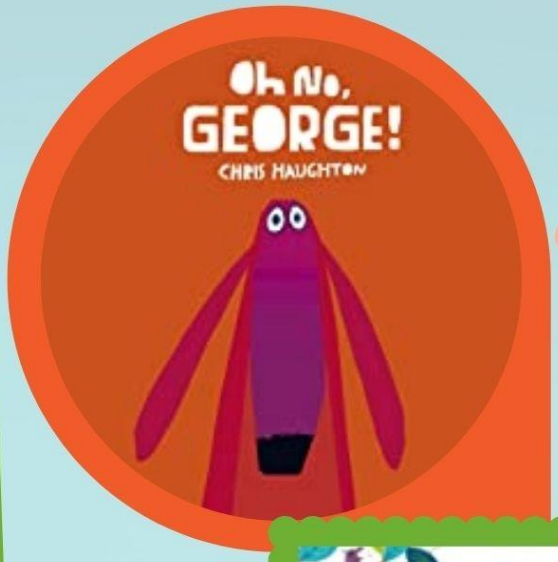
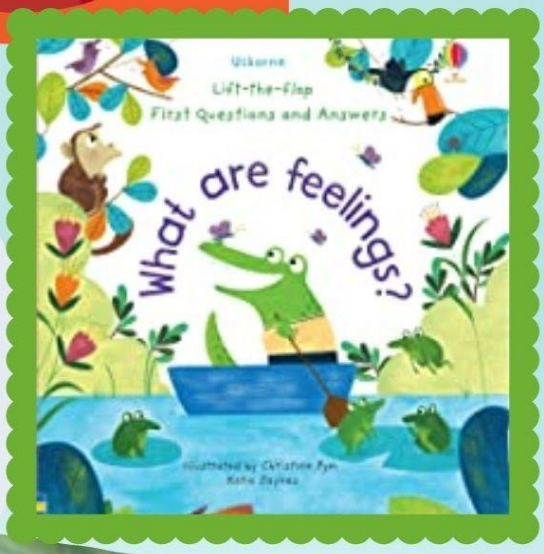
IT'S RAINING AND I'M OKAY
A Calming Story to Help Children Relax When They Go Out and About
written by Adele Devine


Oh No, GEORGE!
CHRIS HAUGHTON


Usborne
Lift-the-Flap
First Questions and Answers
What are feelings?

PRESS
HERE

Night Sounds

Noah Chases the Wind

Leah's Voice
By Lori DeMonia

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