

Recommended Books for Parents On Autism, Aspergers and ADHD



Winston Wallaby can't stop bouncing by K.I. Al-Ghani

This illustrated storybook explains hyperactivity through the story of Winston Wallaby and his uncontrollable bouncing at school. It allows children with ADHD, SPD & ASD to recognise and support their additional sensory needs. A helpful introduction for parents/carers and appendices with strategies to be used at home and in school are included.

Otis the Robot shares by Jim Carrington

This series follows Otis the Robot, who finds it hard to deviate from his programming and adapt to social situations. He goes to a school run and attended by other robots. The short stories in this series will help teach social skills to primary-aged children with Autism Spectrum Condition and Social communication difficulties. The books are aimed at primary level children aged between 3 and 11 years old, which is when difficulties start to manifest themselves for children with ASC. Otis loves electricity. But when Mrs A-Bot asks him to work with a partner to make a circuit, Otis wants to do it all himself. Can Otis learn to share and get the bulb to the light?

Otis the Robot keeps his cool by Jim Carrington

This series follows Otis the Robot, who finds it hard to deviate from his programming and adapt to social situations. He goes to a school run and attended by other robots. The short stories in this series will help teach social skills to primary-aged children with Autism Spectrum Condition and Social communication difficulties. The books are aimed at primary level children aged between 3 and 11 years old, which is when difficulties start to manifest themselves for children with ASC. Otis loves his friends, but sometimes they do things which make him feel upset. When Nina sits in his carpet place by mistake, Otis is so angry that he hits out. Can Otis learn to keep his cool?

Sometimes noise is big : life with autism by Angela Coelho

What would life be like if the world was too noisy for your eyes, or your clothes always felt too itchy? This picture book describes the world from the point of view of a child with autism and the sensory issues and big feelings they often encounter. This simple explanation is ideal for children aged 5+ to help understanding of sensory issues.

Understanding autism spectrum disorder by Holly Duhig

These informative and factual titles take a look at some common health conditions affecting children. From causes and symptoms to treatments and long-term management strategies, we examine in-depth a range of health issues and the effects they have on children's lives. These titles are designed to assist in explaining and understanding a diagnosis. By providing clear facts, statistics, and advice, these titles thoroughly explore various medical conditions and mental health diagnoses.

Different like me : my book of autism heroes by Jennifer Elder and illustrated by Marc Thomas and Jennifer Elder

'Different Like Me' introduces children aged 8-12 years to famous, inspirational figures from the world of science, art, maths, literature, philosophy and comedy.

Something different about dad by Kirsti Evans and John Swogger

Sophie and Daniel's Dad is different. Join them as they learn the reasons behind his difficulty with communication, flexible thinking, sensory and motor skills and anxiety, and find ways to make family life easier for everyone. This warm and honest comic is perfect for any family with a parent on the autism spectrum.

SuperOwl : Being Different Makes you Super by Lester Jones

SuperOwl is the story of Little Bro', a small owlet who is different from everyone else. He has Autism. In a magical garden world, he and his sister Harley meet wonderful and strange animals The grand finale is the exciting Garden Owllympics . Can Little Bro' and his team win gold medals? Who is SuperOwl?

The chalk rainbow by Deborah Kelly and Gwynneth Jones

All of the recommended titles can be borrowed from Wokingham Borough Libraries

<https://wokingham.spydus.co.uk> or visit www.wokingham.gov.uk/libraries



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Zane is different to other kids. He lines things up, and he's frightened of things that don't seem to bother others - like the colour black. 'The Chalk Rainbow' explores difference and diversity through a family living with autism. It's a story of unconditional love, of trust and of learning to look at the world through the eyes of others.

Why Johnny doesn't flap: NT is OK! By Clay Morton and Gail Morton, illustrated by Alex Merry

'Why Johnny Doesn't Flap' gives readers a unique perspective on neurological difference. Observe the quirks of the non-autistic Johnny through the eyes of someone with autism spectrum disorder (ASD). Turning the tables on common perceptions of 'normal' social behaviour, our narrator lets us know that Johnny is 'different', but that's ok.

Autism by Louise Spilsbury and illustrated by Ximena Jeria

This book explores the many aspects of autism in a child-friendly way. It is part of a hands-on series of picture books designed to help children with their questions and feelings about tricky topics that can be hard to talk about. This book offers practical help, tips and advice as well as exploring everyday situations, supported by, exquisite and approachable illustrations to give a comforting story book feel, particularly suited to 5-7 year olds, but with scope to appeal to both younger and older children

Squirmy Wormy : How I Learned to Help Myself Lynda Farrington Wilson

Many kids have some form of SPD (Sensory Processing Disorder), but who can help them overcome their daily struggles? Wait! They can help themselves! Lynda Farrington Wilson, along with Tyler and some delightful illustrations, help kids help themselves through daily life like no one has before with some great everyday tips and techniques.

He's not naughty! A children's guide to autism by Deborah Brownson and illustrated by Ben Mason

Fed up of everyone not understanding her friend Jake, Taryn candidly explains her understanding of autism, and why Jake's behaviour isn't naughty! This text is a quick and fun way for children aged 6-10 to learn about autism and the vibrant illustrations provide a unique visual representation of what it's like to be autistic

Maria and me: a father, a daughter (and autism) by Maria Gallardo and Miguel Gallardo

A father's first-hand account of what life is like with his daughter Maria who has autism. On a trip to the Canary Islands in Spain, some challenges arise as a result. This book shows how the two work around these issues, and gives insight into how Maria sees and experiences the world.

My brother is autistic by Jennifer Moore-Mallinos and illustrated by Marta Fàbrega

This book describes an autistic child from his brother's point of view. It addresses the ways autistic children can be helped and how they can better relate to their family and surroundings.

Tomas loves: a rhyming book about fun, friendship - and autism by Jude Welton

Tomas is a little boy who loves trains, trampolines and his dog Flynn. He hates sudden noise, surprises and changes in routine. There are many things about Tomas that make him special and unique, but despite his differences he loves fun and friendship just like you. This beautifully illustrated, rhyming book is a perfect introduction to autism for young readers aged 2 and over, including children on the autism spectrum and their friends and siblings. In helping the reader get to know Tomas, the book encourages children to recognise what they have in common with him, not just what makes him different.

Isaac and his amazing Asperger superpowers! by Melanie Walsh

Meet Isaac. He's a superhero! He might look like everyone else, but he has a kind of autism called Asperger's. Inside this book he'll tell you all about what it's like to have his Asperger superpowers.

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