



6. BOOKS/RESEARCH/PODCAST

For parents

Untypical: How the World Isn't Built for Autistic People and What We Should All Do About It. Audible Audiobook, Pete Wharmby (2023)

Different, Not Less: A neurodivergent's guide to embracing your true self and finding your happily ever after. Chloe Hayden (2023)

Safeguarding Autistic Girls: Strategies for Professionals. Carly Jones (2021)

Neurodiversity-Affirming Practices in Early Childhood An Empowering Guide to Diverse Development and Play Kerry Murphy (2025)

Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens. Cathy Wassell (2022)

The Strengths-Based Guide to Supporting Autistic Children: A Positive Psychology Approach to Parenting. Claire O'Neill (2023)

A Different Kind of Parenting: Neurodivergent families finding a way through together. Eliza Fricker (2024)

Raising the SEN-Betweeners: The Sunday Times bestselling guide to parenting the kids who fall between the gaps. Lisa Lloyd (2025)

Taking Off The Mask. Dr Hannah Louise Belcher (2022)

For young people

A Different Sort of Normal. Aimed at ages 9-13. Abigail Balfe (2021)

Being Autistic (And What That Actually Means). Aimed at ages 8 -12. Niamh Garvey (2024)

The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic. Aimed at teens. Siena Castellon (2020)

Can You See Me?: A powerful story of autism, empathy and kindness. Libby Scott and Rebecca Westcott (2019)

Autism, Identity and Me: A Practical Workbook and Professional Guide to Empower Autistic Children and Young People Aged 10+. Rebecca Duffus (2023)

