

Book List for Children & Young People



Our top picks:

- **The Brainy Bunch** by Hannah Bell
- **Wonderfully Wired Brains: An Introduction to the World of Neurodiversity** by Louise Gooding
- **All Dogs Have ADHD** by Kathy Hoopmann
- **Understanding my ADHD** by Felicity Jones



ADHD:

- **What's Up with Astra? Medikidz Explain ADHD** by Dr Kim Chilman-Blair & John Taddeo
- **Cory Stories: A Kid's Book About Living with ADHD** by Jeanne Kraus
- **Thriving with ADHD Workbook for Kids – 60 fun Activities to Help Children Self-regulate, Focus and Succeed** by Kelli Miller
- **Learning to Slow Down and Pay Attention: A Book for Kids about ADHD** by Kathleen G. Nadeau, Ph.D. and Ellen B. Dixon, Ph.D.
- **The Unhurry Book** by Eddie Reynolds and Lara Bryan
- **Putting on the Brakes: Young People's Guide to Understanding ADHD** by Patricia O. Quinn M.D. and Judith M. Stern, M.A.
- **The "Putting on the Brakes" Activity Book for Young People with ADHD** by Patricia O. Quinn M.D. and Judith M. Stern, M.A.
- **The Best of "Brakes": An Activity Book for Kids with ADD** by Patricia O. Quinn M.D. and Judith M. Stern, M.A.
- **Thriving with ADHD Workbook for Teens: Improve Focus, Get Organized, and Succeed** by Allison Tyler
- **My Doctor Says I Have ADHD: A Child's Journey** by Dr C R Yemala



- **Not Norman A Goldfish Story** by Kelly Bennett
- **The Trouble With Dragons** by Debi Gliori
- **I Am Happy: A touch and feel book of feelings** by Steve Light
- **You Are Special** by Max Lucado
- **Shelley the Hyperactive Turtle** by Deborah M. Moss
- **I Have Feelings** by Jana Novotny Hunter
- **Mouse and Elephant** by An Vrombaut



- **Understanding my Autism: Step into my Boots** by Constantina Akrotiriadou MBA and Mario Madureira
- **All Cats Have Autism** by Kathy Hoopmann



- **All Birds Have Anxiety** by Kathy Hoopmann
- **What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep** by Dawn Huebner, Ph.D.
- **The Unworry Book** by Alice James
- **Don't Worry Be Happy** by Poppy O'Neill



- **Starving the Anger Gremlin** by Kate Collins-Donnelly
- **Be Positive! Mindful Kids: An Activity Book for Children Who Want to Feel More Self-confident** by Dr Sharie Coombes
- **Hello Happy: An Activity Book for Young People Who Sometimes Feel Sad or Angry** by Dr Sharie Coombes
- **When I Feel Angry: A Child's Guide to Understanding and Managing Moods** by Poppy O'Neill
- **A Volcano in My Tummy: Helping Children to Handle Anger** by Eliane Whitehouse and Warwick Pudney



- **I Am, I Can: 365 Affirmations for Kids** by Wynne Kinder
- **Be Strong: You Are Braver Than You Think: A Child's Guide to Boosting Self-Confidence** by Poppy O'Neill
- **You're a Star: A Guide to Self-Esteem** by Poppy O'Neill

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