

Book List for Parents & Carers

Our top picks:

- **Wonderfully Wired Brains: An Introduction to the world of Neurodiversity** by Louise Gooding#
- **The Explosive Child** by Ross W Greene
- **How to ADHD: An Insider's Guide to Working with Your Brain (Not Against It)** by Jessica McCabe
- **50 Fantastic Ideas for Supporting Neurodiversity** by Kerry Murphy and Fifi Benham
- **The Effective ADHD Parenting Guide: 15 Easy to Implement Strategies to Improve Communication, Cope with Outbursts, Reduce Stress, and Support Academic and Social Success** by T. Nicole

Further reading:

- **Mom and Dad I Need you to Calm Down: Emotional Regulation Skills and Anger Management for Parents Raising Special Needs Children with ADHD, Autism or Anger Problems** by Catherine L. Abbott
- **Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism** by Varleisha D. Gibbs
- **The New Social Story Book** by Carol Gray
- **Understanding ADHD: A parent's guide to Attention Deficit Hyperactivity Disorder in Children** by Dr Christopher Green and Dr Kit Chee
- **Understanding & Managing Autism in Children: The Ultimate Guide to Autism in Girls and Boys** by Olivia Harris
- **Different Not Less: A Neurodivergent's Guide to Embracing Your True Self and Finding Your Happily Ever After** by Chloé Hayden
- **Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar and More: The One Stop Guide for Parents, Teachers, and Other Professionals** by Martin L Kutscher
- **Your Child Is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles** by Heidi Mavir
- **Successful Social Stories For Young Children: Growing up with Social Stories** by Dr Siobhan Timmins

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