

Book list for parents

These are books that have been recommended by parents of children and young people with SEN. We hope you find them useful.

Need	Title	Author	Synopsis
Sensory Processing Disorder	The Out-of-Sync Child Paperback	Carol Stock Kranowitz	The groundbreaking book that explains Sensory Processing Disorder (SPD)
	The Out-Of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder	Carol Stock Kranowitz	This revised edition of the companion volume to The Out-of-Sync Child includes new activities that parents of kids with Sensory Processing Disorder can do at home with their child, along with updated information on which activities are most appropriate for children with coexisting conditions such as Asperger's, autism, and more.
	The Out-Of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years	Carol Stock Kranowitz	Information and advice for tweens, teens, and young adults living with Sensory Processing Disorder, and their parents.
Autism and PDA For parents	Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals	Phil Christie, Margaret Duncan and Zara Healy	This straightforward guide offers a complete overview of Pathological Demand Avoidance Syndrome (PDA) and gives practical advice for overcoming the difficulties it poses in a wide range of contexts from diagnosis through to adulthood.
	The Homunculi Approach to Social and Emotional Wellbeing:	Anne Greig and Tommy MacKay	The Homunculi, (or 'little people'), is a fun activity that builds social and emotional resilience in children and

	A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties		young people, aged 7 upwards, and into the teenage years. It is particularly suited to those with high functioning autism or Asperger's Syndrome who often have difficulty identifying troubling feelings such as anger, fear and anxiety.
	The Reason I Jump: one boy's voice from the silence of autism	Naoki Higashida and David Mitchell	Using a question and answer format, autistic 13 year old Naoki explains things like why he talks loudly or repeats the same questions, what causes him to have panic attacks, and why he likes to jump. He also shows the way he thinks and feels about his world - other people, nature, time and beauty, and himself
	Fall Down Seven Times, Get Up Eight: A young man's voice from the silence of autism	Naoki Higashida and David Mitchell	Naoki offers an illuminating insight into autism from his perspective as a young adult. In concise, engaging pieces. He shares his thoughts and feelings on a broad menu of topics ranging from school experiences to family relationships, the exhilaration of travel to the difficulties of speech. Aware of how mystifying his behaviour can appear to others, he describes the effect on him of such commonplace things as a sudden change of plan or the mental steps he has to take simply to register that it's raining.
	Autism: talking about a diagnosis: A guide for parents and carers of children with an autism spectrum disorder	Rachel Pike	This book, for parents and carers of autistic children, explains the key things to think about when preparing to talk to your child about their autism diagnosis.
	Why Does Chris Do That? Some Suggestions Regarding the Cause and Management of the Unusual Behaviour of Children	Tony Attwood	Some suggestions regarding the cause and management of the unusual behaviour of children and adults with autism and Asperger syndrome.

	and Adults with Autism and Asperger's Syndrome		
Autism and PDA for children	Can I tell you about Asperger Syndrome?: A guide for friends and family	Jude Welton	Meet Adam - a young boy with AS. Adam invites young readers to learn about AS from his perspective. This illustrated book is ideally suited for boys and girls between 7 and 15 years old.
	Blue Bottle Mystery	Kathy Hoopmann	This is a warm, fun-filled fantasy story for children with a difference: the hero is Ben, a boy with Asperger Syndrome. When Ben and his friend Andy find an old bottle in the school yard, they little realize the surprises about to be unleashed in their lives. Bound up with this exciting mystery is the story of how Ben is diagnosed with Asperger Syndrome and how he and his family deal with the problems and joys that come along.
	Of mice and Aliens: An Asperger Adventure	Kathy Hoopmann	'Of Mice and Aliens' is the sequel to 'Blue Bottle Mystery', this is a science fiction novel for kids, with a difference. Ben is learning to cope with his newly diagnosed Asperger Syndrome, but when an alien crash-lands in his back yard, things really get complicated.
	What is Asperger Syndrome and How Will it Effect Me?	Martine Ives	Aimed at 8-13 year olds, this excellent booklet explains Asperger syndrome in simple jargon-free language for children with Asperger syndrome. It also offers helpful contacts and strategies for making life more comfortable.
	I Have Autism...what's that?	Kate Doherty et al	This cheerful book helps children and young people with autism to discover how they are different from neuro-typical people. Written in straightforward language and illustrated with helpful and amusing pin men, it explores different approaches to talking, playing and learning and offers coping strategies.

	Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence	Luke Jackson	Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Drawing from his own experiences and gaining information from his teenage brother and sisters, he wrote this enlightening, honest and witty book.
	The Red Beast: Controlling Anger in Children with Asperger's Syndromes	Al-Gandi	This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.
Siblings of children with ASD	My family is different; A workbook for children with a brother or sister on the autism spectrum	Carolyn Brock	Aimed at young children aged five to eight, this colourful workbook is full of activities and games to help siblings understand their autistic brother or sister.
	Everybody is Different: A Book for Young People Who Have Brothers or Sisters with Autism.	Fiona Bleach	This book gives answers to the many questions brothers and sisters of young people on the autism spectrum have about their siblings. In addition to explaining in basic terms the characteristics of autism, this little book is full of helpful suggestions for making family life more comfortable for everyone. The many illustrations make this a warm and accessible book for young people.
	My Sister is Different	Sarah Tamsin Hunter	This book talks about the ups and downs of life with a sister who has autism. This book is written and illustrated by ten-year-old Sarah who also has autistic spectrum disorder.
	My Brother Rory	Ellie Fairfoot (aged 6) and her mum Jenny Mayne	A sister's eye view of the joys and pitfalls of having a brother who has autism. Although it is aimed firstly at

			children aged 4-7, children of all ages will enjoy this book.
Aggressive or angry children	The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children	Dr Ross Greene	What's an explosive child? A child who responds to routine problems with extreme frustration—crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. Dr Green has worked with thousands of explosive children, and he has good news: these kids aren't attention-seeking, manipulative, or unmotivated, and their parents aren't passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting.
	The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind	Dr Tina Payne Bryson Dr. Daniel Siegel	The book proposes “twelve revolutionary strategies to nurture your child's developing mind, survive everyday parenting struggles, and help your family thrive”. Although far from “revolutionary”, The Whole-Brain Child proposes useful tools based on neuroscience to deal with everyday parenting.
	Don't Rant & Rave on Wednesdays!: The Children's Anger-Control Book	Adolph Mosser	Dr Moser explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behaviour, even when they are angry.
	What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger	Dawn Huebner	What to Do When Your Temper Flares guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger.
	Therapeutic Parenting in a Nutshell: Positives and Pitfalls	Sarah Naish	A concise, clear overview of Therapeutic Parenting with integrated links to short inspirational, often humorous

			videos, demonstrating practical applications of therapeutic parenting techniques. Suitable for all carers, parents and supporting professionals working with children who have suffered early life trauma
	The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition	Kari Dunn Buron and Mitzi Curtis	A fun and easy to use book containing short stories, cartoons, crossword puzzles and tips that help students learn about relationships, emotions, and themselves.
Anxiety in Children	When My Worries Get Too Big!: A Relaxation Book for Children Who Live with Anxiety	Kari Dunn Buron	<p>Anxiety in children is on the incline and stress can lead to a loss of control, resulting in aggressive behaviour, such as screaming, throwing things or even hurting someone.</p> <p>Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant.</p>
	Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People		Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies
	Think Good – Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People.	Paul Stallard	'Think Good — Feel Good' is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. An attractive and lively workbook follows which covers the core elements used in CBT programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The concepts introduced to the children can be applied to their own unique set of problems through the series of practical exercises and worksheets.

	Overcoming Your Child's Fears and Worries	Cathy Cresswell	Around 15% of children are thought to suffer from anxiety disorders, the most commonly identified emotional or behavioural problems among children. Based on techniques developed and practised by the authors, this book teaches parents how to use cognitive behavioural techniques with their children and in so doing, become their child's therapist, helping them to overcome any fears, worries and phobias.
	Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else	Christopher Willard	In Mindfulness for Teen Anxiety psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends.
	What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety	Dawn Huebner	<i>What to Do When You Worry Too Much</i> is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.
Sleep issues	What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep	Dawn Huebner	If you're a kid who dreads your bed, and are convinced that nothing short of magic will make night-time easier, this book is for you. "What to Do When You Dread Your Bed" guides children and their parents through the cognitive-behavioural techniques used to treat problems with sleep.
	The Rabbit Who Wants To Fall Asleep	Carl-Johan Forssén Ehrlin	The Rabbit Who Wants to Fall Asleep: A New Way Of Getting Children To Sleep is a 2011 children's book

			written by Swedish author, psychologist and academic Carl-Johan Forssén Ehrlin.
Dyspraxia for children	Caged in Chaos	Victoria Biggs	Written by a teenage dyspraxic, this inspiring book is a unique practical guide for dyspraxics and those around them struggling and determined to get to grips with the social, physical and psychological chaos caused by developmental co-ordination disorders (DCDs).
	Vera McLuckie and the Daydream Club	Jane Evans	A lovely story in itself that most children will relate to, dealing as it does with lack of self-belief, peer pressure and the bullying that goes along with not necessarily being the most popular kid in class. Whilst not named in the book explicitly, the three main characters exhibit dyspraxic, dyslexic and autistic (Asperger's Syndrome) tendencies respectively. So the story can be used by parents and teachers as a catalyst for discussing what it is like to have a learning difficulty.
	Discover Yourself	Gill Dixon	A book for children with dyspraxia. Aimed at 7 – 10 year olds with dyspraxia, this book has been illustrated by children.
	You're So Clumsy Charley	Jane Binnion	Charley always seemed to get into trouble, though he didn't mean to. He was getting fed up with going to school, because he felt different than most of the other kids. Then he met his Aunty Bella....and everything changed.
Dyspraxia for parents	Dyspraxia in the Early Years 2nd Edition	Christine Macintyre	Practical ideas for nursery, infant and classrooms and coping at home.

	Guide to Dyspraxia & Developmental Co-ordination Disorders	Amanda Kirby & Sharon Drew	Built upon the good practice for which the Discovery Centre has become so well known, this book takes a broader view of the difficulties that those with additional needs face. It considers whether this is a health, educational or social difficulty and what the wider implications are for the individual and how they manage at home and in the community.
	The Adolescent with Developmental Co-ordination Disorder (DCD)	Amanda Kirby	A common sense approach this book gives a series of practical ideas on how individuals can tackle these difficulties. An essential resource for the adolescence and parents, teachers and therapists.
	Understanding Dyspraxia	Maureen Boon	Reflects current practice and developments, providing clear and positive answers to questions commonly asked by parents and teachers about dyspraxia.
	100 Ideas for supporting pupils with dyspraxia and DCD	Amanda Kirby & Lynne Peters	A book written to give ideas and tips for supporting children and young people with developmental coordination disorder (DCD) and dyspraxia
	Dyspraxia – Developmental Co-ordination Disorder	Amanda Kirby	Amanda Kirby, a doctor whose second son has dyspraxia, writes from long experience of the questions parents ask and of strategies that help the child to overcome his problems. Mindful that the condition may be diagnosed at any stage, she covers the years from pre-school to adulthood, offering practical improvement techniques for home and school, and discussing the implications of the condition for the child's future.
	Dyspraxia – The Foundations	Gill Dixon	A comprehensive introduction to dyspraxia with quick and easy e- links to relevant information on the Dyspraxia Foundation website.
Dyslexia for parents	Dyslexia and Co-occurring Difficulties	Amanda Kirby et al	Discusses how to provide effective support for children with dyslexia and other difficulties such as dyspraxia, visual stress, ADHD. Asperger and dyscalculia. Offers

			ideas on teaching to strengths, as well as supporting weaknesses.
Dyslexia for children	Self Help Guide for Teens with Dyslexia	Alais Winton	Written for dyslexic students, this book contains a wealth of tips and advice to aid successful learning. With ways to improve reading, writing, numeracy and organisational skills, Winton offers solutions to common problems and will empower students with dyslexia to help themselves.
Children with two or more special needs	Kids in the Syndrome Mix	Martin Kutscher	The all-in-one guide covers the whole range of often co-existing neurobehavioral disorders in children – from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and anxiety, to autism spectrum disorders, nonverbal learning disabilities, Tourette's, sensory integration problems, and executive dysfunction.
Parents' guides to the education system	Getting Extra Help – An Advisory Centre for Education Publication	ACE Education	Revised edition. A step-by-step guide to the Code of Practice and hints and tips to help parents through the EHCP process.
	Guerrilla Mum	Ellen Power	Getting the educational provision you need for your special needs child can feel like an uphill struggle. This book offers clear guidance on how authorities such as Local Education Authorities, schools, the National Health Service and the Government function, what the law entitles your child to, and how you can fight most effectively for the education they need.