Understanding Autism - Resources Sheet

Websites

* National Autistic Society (NAS) - [www.autism.org.uk/](http://www.autism.org.uk/)
* North East Autism Society (NE-AS) – [www.ne-as.org.uk/](http://www.ne-as.org.uk/)
* Ambitious about Autism - [www.ambitiousaboutautism.org.uk/](http://www.ambitiousaboutautism.org.uk/)
* Support for Parents and families living with Autism and Related Conditions (SPARCS) – search ‘SPARCS community’ on Facebook to join the group.
* Groups and Services available in your local area - [www.autism.org.uk/directory](http://www.autism.org.uk/directory)
* Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS; giving an overview of education support in the North Tyneside area) [www.my.northtyneside.gov.uk/category/649/information-advice-and-support-sendiass](http://www.my.northtyneside.gov.uk/category/649/information-advice-and-support-sendiass)

Books

*Social Skills/Friendship*

* *The Complete Guide to Asperger’s Syndrome* – Tony Attwood, 2006
* *The Sixth Sense 2* – Carol Gray. 2002.
* *The New Social Story Book* – Carol Gray. 2015.
* *How Humans Make Friends* – Loreen Leedy. 1996.
* *Making Friends* – Fred Rogers. 1996.
* *Let’s talk about being helpful* – Joy Wilt Berry. 1996.
* *What is Friendship?* – Pamela Day. 2009.
* *Friendly Facts* – Dr Margaret Anne Carter and Josie Santomauro. 2010.
* *Teaching Theory of Mind* – Kirstina Ordetx. 2012.
* *Teaching children with Autism to mind read* – Patricia Howlin, Simon Baron-Cohen, Julie Hadwin
  + *A Practical Guide*. 1998.
  + *A Workbook.* 2015.
* *How to be a Friend* – Laurie Krasny Brown and Marc Brown. 2001.
* *LEGO-Based Therapy –* Daniel LeGoff, Georgina Gomez De La Cuesta and Simon Baron-Cohen. 2014.
* *Teaching Social Skills to children with Autism using Minecraft –* Raelene Dundon. 2019.
* *Social skills groups for children and adolescents with Asperger’s Syndrome* – Kim Kiker Painter. 2006.
* *Social skills training for children with Asperger’s syndrome and high functioning Autism* – Susan Williams-White. 2014.
* *The friendship formula* – Alison Schroeder. 2008.
* *Socially curious and curiously social* - Michelle Garcia Winner and Pamela Crooke. 2011.
* *Win or Lose by how you choose* – Judge Judy Scheindlin. 2000.
* *Chicken soup for the teenage soul journal* – Jack Canfield, Mark Victor Hansen and Kimberly Kirberger. 1999.
* *The care and keeping of friends* – Nadine Bernard Westcott. 1996.
* *Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends* - Fred Frankel. 2010.
* *Acting Antics* – Cindy B Schneider. 2006.
* *Act it Out* – Jeannie Stefonek. 2016.

*Girls with Autism Spectrum Conditions*

* *Aspergirls* – Rudy Simone. 2010.
* *Asperger’s and Girls: World-Renowned Experts Join Those with Asperger’s Syndrome to Resolve Issues That Girls and Women Face Every Day!* - Tony Attwood and Temple Grandin. 2006.
* *Life on the Autism Spectrum* – Karen Mckibbin. 2015.
* *Safety skills for Asperger women* - Liane Holliday Willey. 2011.
* *Aspie girls guide to being safe with men* – Debi Brown. 2012.

*Emotions/Expression*

* *From Like to Love for Young People with Asperger's Syndrome: Learning How to Express and Enjoy Affection with Family and Friends* – Tony Attwood and Michelle Garnett. 2013.
* *CBT to help young people with Asperger’s* – Tony Attwood and Michelle Garnett. 2013.
* *CBT for children with high functioning ASD* – Angela Scarpa, Susan Williams White and Tony Attwood. 2016.
* *1400 things for kids to be happy about* – Barbara Ann Kipfer. 1995.
* *How are you peeling? Foods with moods* – Saxton Freymann and Joost Elffers . 2004.
* *The Panicosaurus; The Red Beast; The Disappointment Dragon* – K.I Al-Ghani. 2012; 2008; 2013.
* *The huge bag of worries* – Virginia Ironside. 2011.
* *All birds have anxiety* – Kathy Hoopmann. 2017.
* *Successful Social Stories* – Dr. Siobhan Timmins. 2016. (Young Children)
* *Successful Social Stories* – Dr. Siobhan Timmins. 2017. (School and College Students)
* *The emotions survival guide* – RH Disney. 2015.
* *Box of mixed emotions* – Brittany Candau. 2015.
* *Exploring feelings* – Angela Scarpa, Anthony Wells and Tony Attwood. 2012.
* *Been there. Done that. Try this!* – Tony Attwood. 2014.
* *Exploring feelings: CBT to manage anxiety* – Tony Attwood. 2001.
* *Exploring feelings: Anxiety training manual* – Ann LeCoutuer et al.. 2018.
* *Exploring feelings: CBT to manage anger* – Tony Attwood. 2001.
* *Exploring depression and beating the blues* – Tony Attwood and Margaret Garnett. 2016.

*Meditation/Mindfulness techniques*

* *Meditation for Aspies* – Ulrike Domenika Bolls. 2013.
* *Mindful living with Asperger’s Syndrome* – Chris Mitchell. 2013.
* *Asperger’s Syndrome and Mindfulness* - Chris Mitchell. 2008.
* *Mind- Body techniques for Asperger’s Syndrome* – Ron Rubio. 2008.
* *Therapeutic massage and bodywork for ASD* – Virginia S Cowen. 2011.
* *Focusing and Calming Games for Children: Mindfulness Strategies and Activities to Help Children to Relax, Concentrate and Take Control* - Deborah M. Plummer. 2012.

*Other*

* *Parents in Charge: Setting Healthy, Loving Boundaries for You and Your Child* - Dana Chidekel. 2007.
* *Different Like Me: My Book of Autism Heroes* - Jennifer Elder. 2005.
* *Brainstorm: The Power and Purpose of the Teenage Brain* – Daniel Siegel. 2014.
* *The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child’s Developing Mind* - Dr Tina Payne Bryson, Dr Daniel Siegel, et al. 2012.
* *The Little Book of Autism FAQs: How to talk with your child about their diagnosis and other conversations*. Davida Hartman, 2019.

*E-resources/Computer games*

* *Secret Agent Society* – Computer game and board game to help children improve their social and emotional resilience.
* *Mind Reading: An interactive guide to emotions* - Software to explore over 400 emotions, seeing and hearing each one performed by six different people.
* *CAT – KIT (Cognitive Affective Training)* – A method for inspiring and structuring conversation between people on thoughts, emotions and behaviour using a set of carefully designed tools.