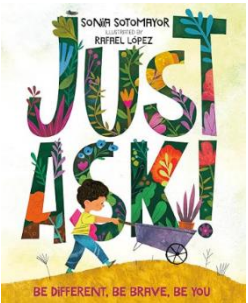
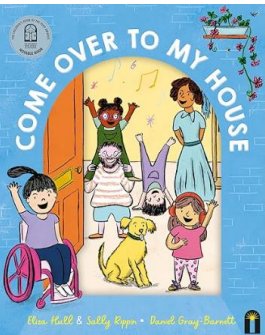





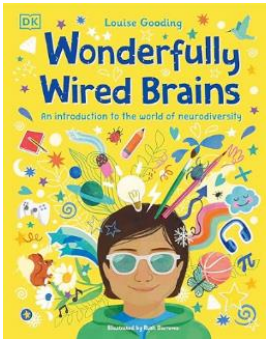
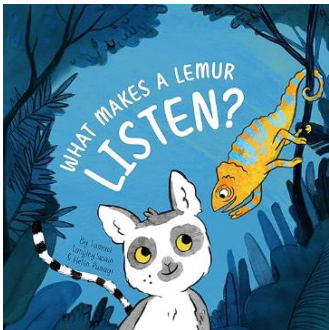
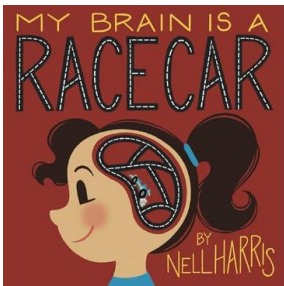
## Neurodiversity and Disability Book List

Picture books can be an incredibly helpful tool in opening children up to different realities and perspectives. They can also help children to feel seen and understood. Whilst neurodiversity and disability does bring challenges, it also brings opportunities. When embraced, we can challenge stereotypes, help break down stigma and embrace difference: being open to different methods of learning and seeing the creative potential of thinking differently.

Neurodiversity and Disability	 <p><i>Just Ask</i> by Sonia Sotomayor</p>	<p>Feeling different, especially as a child, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful. <i>Just Ask</i> celebrates the different abilities children (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Sonia Sotomayor writes about children with all sorts of challenges - and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same: When we come across someone who is different from us but we're not sure why, all we have to do is 'Just Ask'.</p>
	 <p><i>Come Over to My House</i> by Sally Ripin &amp; Eliza Hull</p>	<p><i>Come Over To My House</i> is a delightful picture book that explores the home life of children and parents who're Deaf, neurodiverse or disabled. Written by disability advocate Eliza Hull, the inclusive rhyming text normalises – rather than emphasises – the characters' various disabilities. A cast of friendly characters invite friends over for a play – there's fun to be had, food to eat and families to meet!</p>
Neurodiversity	 <p><i>Just Like Me</i> by Louise Gooding</p>	<p>The world is full of people who are a little different. Our uniqueness makes us who we are.</p> <p>"We are all special. We are all unique. We are all 'different; not less'." - Louise Gooding</p> <p>This is a collection of the true stories of 40 inspirational figures from around the world, all of whom are physically or neurologically diverse. Each story includes struggles and triumphs, a motivational quote and information on each condition. Reflective of our diverse society, this book features Simone Biles, Selena Gomez, Temple Grandin, Warwick Davis, Daniel Radcliffe, Stephen Hawking, Greta Thunberg and many more.</p>

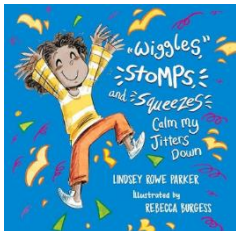
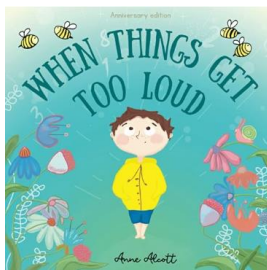
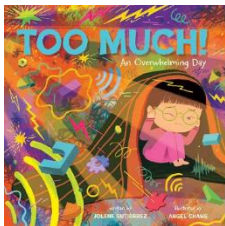
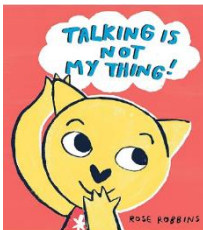


## Neurodiversity and Disability Book List

Neurodiversity	 <p><i>Wonderfully Wired Brains</i> by Louise Gooding</p>	<p>Our brains are unique in the way they function, work, and think. Neurodiversity is still a relatively 'new' concept that can be tricky to understand, but this book is here to help! This inspirational book written by neurodiverse author Louise Gooding challenges misconceptions and shows how neurodivergent brains work a little differently.</p> <p>It is common for neurodiverse people and those with neurological differences to feel as though they don't fit in, but their extraordinary differences should be embraced. <i>Wonderfully Wired Brains</i> teaches children aged 7-9 all about the awesome abilities that neurodiverse individuals have, introduces them to advocates who are challenging neurodiversity stereotypes, and most importantly gives them a safe space to feel accepted.</p>
	 <p><i>What Makes a Lemur Listen?</i> by Samuel Langley-Swain</p>	<p>'Just like all ring-tailed lemurs, Maki liked to bathe in the sun and huddle under the moon. BUT one thing Maki DIDN'T like to do, was LISTEN!'</p> <p>Join Maki on his adventures through the Madagascan forest, where things may not be as they seem. Can clever chameleon, Sofina, help Maki to listen when it matters the most?</p> <p>For children, this charming story is about a loveable lemur who learns to listen. For adults, the text explores neurodiversity, demand avoidance &amp; alternative parenting styles.</p>
	 <p><i>My Brain is a Race Car</i> by Nell Harris</p>	<p>A story to help understanding a neurodivergent brain. Created and inspired by the author's daughter's ADHD diagnosis, here is a book that help explained her brain's processes and needs. No big words or acronyms that result in 'what does that mean?' and bring the child out of the story.</p> <p>"Brains are just like cars, they all drive round and round a track, picking up information and then bringing it back. Some brains are race cars that like to drive extra fast. Sometimes though, they forget to stop and fully complete a task.' But driving cars fast all the time and not servicing or maintaining them leads to overheating and burnout. We can apply that same logic to our brains.</p> <p>"I am so proud of this book, and sharing with friends I have been told the same principles talked about in this book apply to their children who are on the spectrum." - Nell Harris</p>

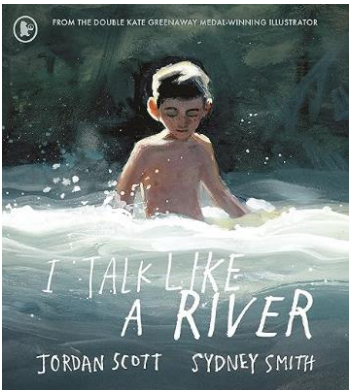
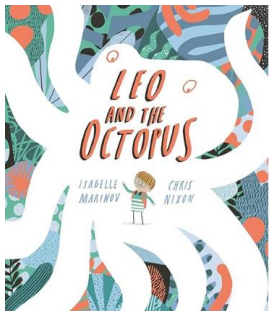
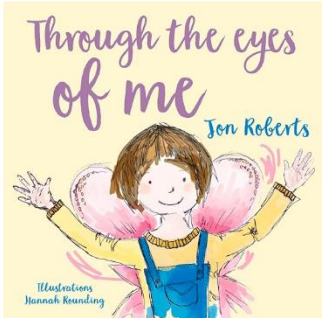


## Neurodiversity and Disability Book List

Sensory differences	 <p><i>Wiggles, Stomps, and Squeezes</i> Calm My Jitters Down by Lindsey Rowe Parker</p>	<p>This is a story about sensory differences and how some children experience their world, told from a child's perspective. The vibration in her feet when she runs, the tap-tap-tap of her fork on the table at mealtime, the trickle of cool water running over her hands---these are the things that calm her jitters down. This book is for anyone who has ever felt the need for a wiggle, stomp, or squeeze! Wiggles, Stomps, and Squeezes playfully validates the unique sensory experiences of children, written from their own perspective.</p>
	 <p><i>When Things Get Too Loud</i> by Anne Alcott</p>	<p>When the world gets too much Bo feels his Feel-O-Meter go from 1-10. Noises, smells, sounds, the world can be an overwhelming place. One day, Bo's numbers climb too quickly and all he wants to do is hide. But then he makes a remarkable little friend....When things get too loud is a story about sensory overload, how it feels, what can trigger it and what may help. The Feel-O-Meter provides the child and parents with a visual guide through emotions and the books comes with ideas to cope with overwhelming situations.</p>
	 <p><i>Too Much</i> by Jolene Gutierre</p>	<p>Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, award-winning teacher-librarian Jolene Gutiérrez's compassionate picture book explores the struggles of a sensory sensitive child and how they settle themselves.</p>
Speech and Language/ Non-verbal	 <p><i>Talking is Not My Thing!</i> by Rose Robbins</p>	<p>The autistic sister in this sibling pair is non-verbal, but she finds plenty of ways to communicate and have fun with her brother. Although she can't talk, this little girl understands everything, and has plenty to say, and lots of ideas. Through body language, drawing pictures, making gestures or using flash cards, she is able to contribute to their life together. Her brother and granny are able to understand her whether she needs help or is helping them!</p>



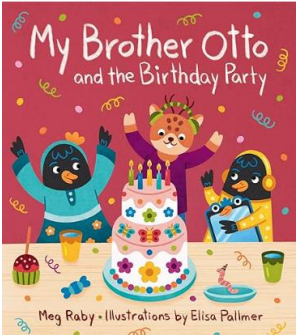
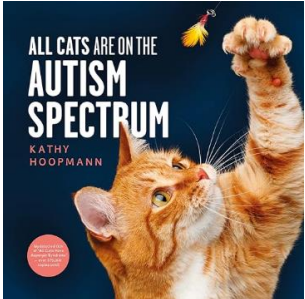
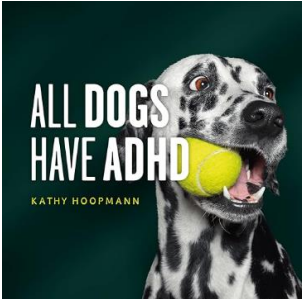
## Neurodiversity and Disability Book List

<p>Speech and Language/ Non-verbal</p>	 <p><i>I Talk Like a River</i> by Jordan Scott</p>	<p>What if words got stuck in the back of your mouth whenever you tried to speak?</p> <p>After a day of being unable to speak when asked, and of being stared at, a boy and his father go to the river for some quiet time. "It's just a bad speech day," says Dad. But the boy can't stop thinking about all the eyes watching his lips twisting and twirling. When his father points to the river bubbling, churning, whirling and crashing, the boy finds a way to think about how he speaks. Even the river stutters. Like him. "I talk like a river," he says.</p>
<p>Autism</p>	 <p><i>Leo and the Octopus</i> by Isabelle Marinov</p>	<p>Leo struggles to make sense of the world. He doesn't understand the other children in his class, and they don't seem to understand him. But then one day, Leo meets Maya.</p> <p>Maya is an octopus, and the more Leo learns about her, the more he thinks that perhaps he isn't alone in this world, after all.</p>
	 <p><i>Through the Eyes of Me</i> by Jon Roberts</p>	<p>Jon Roberts' debut work for children is a sensitive portrayal of life as a child with Autism, narrated by 4-year old Kya, who guides readers through her likes and dislikes and all the nuances of her character. Utilising colourful text and illustration and inspired by his experiences of raising his own daughter with the condition, it is an ideal tool for encouraging an understanding of Autism for both children and their families.</p>



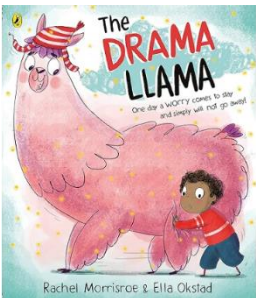


## Neurodiversity and Disability Book List

Autism	 <p><i>My Brother Otto and the Birthday Party</i> by Megan Raby</p>	<p>Piper and her little brother Otto, who is on the autism spectrum, are excited to attend a birthday party for their friend Ruthie. In kid-friendly language, Piper explains the accommodations Otto and Ruthie, who is also autistic, need in order to feel safe and secure in a stimulating new environment, such as wearing headphones to keep distracting noises muffled. The book provides explanations for Otto's differences in easy-to-understand language and highlights that Otto desires fun, comfort, and love - just like his peers.</p>
ADHD	 <p><i>All Cats are on the Autism Spectrum</i> by Kathy Hoopmann</p>	<p>This book takes a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties.</p> <p>Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.</p>
	 <p><i>All Dogs Have ADHD</i> by Kathy Hoopmann</p>	<p>All Dogs Have ADHD takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD). With images from the canine world, it explores a variety of traits that will be instantly recognisable to those who are familiar with ADHD. Charming colour photographs of dogs bring to life familiar ADHD characteristics such as being restless and excitable, getting easily distracted, and acting on impulse. It combines humour with understanding to reflect the challenges and joys of raising a child with ADHD and celebrates what it means to be considered 'different'</p>



## Neurodiversity and Disability Book List

Anxiety	 <p><i>The Drama Llama</i> by Rachel Morrisroe</p>	<p>"Whenever he was worried or whenever there was drama, Alex Allen's brain produced . . . a living breathing Llama!"</p> <p>Alex Allen, like lots of children, sometimes worried about things - like dancing badly or getting an answer wrong in class. But unlike lots of children, every time he worries a real-life llama appears! And the more Alex worries, the bigger the Llama grows... which starts getting him into all sorts of trouble!</p> <p>Will Alex ever learn how to control his worries and get rid of this pesky llama?</p> <p>This hilarious yet heart-warming rhyming tale offers practical advice about dealing with worry whilst taking you along on the wonderfully riotous adventures of Alex and his mischievous llama.</p>
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Books from *The Big Bright Feelings* series by Tom Percival (already in our Wellbeing Library) are also useful.

