

## Self-help:



Information around creating social stories to develop children with ASD's social understanding <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>



This is me assessment profile- PDF to support young people to discuss the changes they want as part of their education plan. <https://www.autism.org.uk/products/core-nas-publications/this-is-me.aspx>

## Understanding diagnosis:



[My Autism and Me](#) – (may be useful for a young person to watch) a Newsround special presented by Rosie a young person with ASD (autism spectrum disorder) <http://www.bbc.co.uk/newsround/15655232>



[Coping: A Survival Guide for People with Asperger Syndrome](#) – a free to download document written by Marc Segar, an adult with ASD. <https://www-users.cs.york.ac.uk/alistair/survival/survival.pdf>



[A website with many resources and offers a guide for parents and people with Aspergers syndrome](#) <http://www.tonyattwood.com.au/>

## Understanding ASD diagnosis



[The superhero brain: Explaining autism to empower kids by](#) Christel Land



[How Joshua Learned](#)- is an online book aimed for children 3-7 years with ASD to support them to understand their needs in a visual way including strategies <https://www.autism.org.uk/products/core-nas-publications/how-joshua-learned.aspx>



[My autism book: A child's guide to their Autism Spectrum](#) by Tamar Levi




[The Complete Guide to Asperger's Syndrome](#) By Tony Attwood, Jessica Kingsley Publishers, 2007, ISBN 978 1 84310 669 2



[A Parents Guide to Asperger's Syndrome and High Functioning Autism. How to meet the challenges and help your child thrive](#) by Sally Ozonoff et al; Guildford Press, ISBN 157230-767-6





['Children with Autism and Aspergers Syndrome: A guide for parents and carers'](#) by Patricia Howlin, published by J Wiley


 ['Martian in the Playground: Understanding the schoolchild with Asperger's Syndrome'](#)  
by Clare Sainsbury; (Lucky Duck Books) Paul Chapman Publishing, ISBN 10:1-87394-208-7


 [Parenting a Child with Asperger syndrome: 200 tips and strategies](#)


 By Branda Boyd, Jessica Kingsley Publishers, ISBN 9781843101376


 [Inside Asperger's Looking Out](#), Kathy Hoopmann, 2013, published by Jessica Kingsley Publishers, ISBN 978 1 84905 334 1

 [Freaks, Geeks and Asperger's Syndrome: A User Guide to Adolescence](#), Luke Jackson, 2002, published by Jessica Kingsley Publishers, ISBN: 978-1-84310-098-0


 [Asperger's...What Does It Mean To Me?: Structured Teaching Ideas for Home and School](#) Author: Catherine Faherty, Foreword by Gary B. Mesibov


 [I Am Aspiengirl: The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum](#) Paperback, 12 Jun 2014 by [Tania Marshall](#)


 [The ASD Workbook Understanding Your Autism Spectrum Disorder](#) by Kershaw, Penny ( AUTHOR ) Feb-15-2011 Paperback Paperback – 15 Feb 2011 by [Penny Kershaw](#)

 [My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis](#) Hardcover – 21 Dec 2013 by [Tamar Levi](#)


### **Challenging behaviors: (ASD)**


 Information related to understanding behaviours for children with autism  
<https://www.autism.org.uk/about/behaviour.aspx>

 Guidance to understanding challenging behaviours with autism  
<https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx>

 ABC behavior recording sheets (please see documents within folder). These can be used to help understand triggers and what things help when behaviours happen.

### **Emotional regulation**

 [Can Calm Myself Down Full Colour Interactive Workbook - Visual Aid Resource \(AAD / ASD / SEN / Autism\)](#)

 Link for list of books on NAS website also: <http://www.autism.org.uk/products/core-nas-publications/autism-supporting-your-teenager.aspx>

### **Sex Education: (FOR ASD/LD)**



[What's happening to Tom-](#) by Katie Reynolds



[What's happening to Ellie-](#)By Katie Reynolds



[Thing Ellie likes: A book about sexuality and Masturbation for Girls](#) by Katie Reynolds



[Things Tom like: A book about sexuality and Masturbation for Boys](#) by Katie Reynolds

### **Book about bereavement and death: ( for ASD/LD)**



[I have a question about Death](#) by Arlen Grad Gain and Meredith Englander Polsky



[When Dad died/ When Mum died](#) by Sheila Hollins and Lester Sireling (more designed for LD needs)



[Finding your own way to Grieve-](#) by Karla Helbert

### **General Apps related to emotional wellbeing:**



[SAM](#)

Self-help for Anxiety Management – a self-help app to learn to manage anxiety.



[For Me](#)

Wherever you are and whatever life throws at you, Childline is now easier to access than ever before. 'For me' is the brand new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.

- Get access to self help advice and support on a huge range of issues
- Watch videos to help you feel better
- Create your own mood tracker and have your own private locker space that's just for you
- Chat to other young people about whatever you want on our lively and supportive

message boards

- Call, or email a Childline counsellor

 [What's up?](#)

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

 [Headspace](#)

Meditation made simple. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

 [Optimism](#)

A mood charting apps for managing depression, bipolar and anxiety disorders to keep a journal and chart recovery progress.

 [Relax Melodies](#)

Select sounds and melodies to help you sleep.

 [Mindshift](#)

An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it.

 [Moodtrack Diary](#)

Monitor and track your emotional health. The app records a range of emotions for anxiety, depression, stress, posttraumatic stress and your general well-being.

 [Grief: Support for Young People](#)

This app has been created by leading bereavement charity Child Bereavement UK and the bereaved young people we work with. It is for 11-25 year olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.

 [CALM](#)

Relax with Calm, a simple mindfulness meditation app

 [Mandala](#)

Colour app that allows practise of mindfulness by focussing on colouring but can allow you to make changes and correct mistakes.

 [This for that: Visual schedules](#)

### **Apps for developing visual structures and timetables**

 [Autism Learning Games: Camp Discovery](#)

 [ABA flash card and games- Emotions](#)

Able to develop flash cards specific to young person e.g. personalised visuals for different emotions.

 [Kids in the story book maker](#)

[The autism tool box is an online resource within the local offer that provides a range of resources and services available related to autism. The information can be relevant for anyone with or without a diagnosis that may need a bit of support and can be used as a self-help tool.](#)

**<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/localoffer.page>**