

Most of the authors have social media channels with bitesize info, or search for their names to find interviews on podcasts/YouTube to check them out before purchasing. Some of the titles are also available in libraries.

## **ASSOCIATIONS**

**ADHD Ireland** [www.adhdireland.ie](http://www.adhdireland.ie)  
**Neurodiversity Ireland** [www.neurodiversityireland.com](http://www.neurodiversityireland.com)  
**Dyslexia Association of Ireland** [www.dyslexia.ie](http://www.dyslexia.ie)  
**Dyspraxia Ireland** (also dyscalculia) [www.dyspraxia.ie](http://www.dyspraxia.ie)  
**AsIAm** [www.asiam.ie](http://www.asiam.ie)  
**PDA** [www.pdasociety.org.uk](http://www.pdasociety.org.uk), [www.pdanorthamerica.org](http://www.pdanorthamerica.org)  
**Tourette Syndrome** <https://www.tourettes-action.org.uk/>  
[www.tourette.org](http://www.tourette.org)

## **BOOKS**

### Self-Regulation

**Help Your Child Deal with Stress and Thrive** (formerly called 'Self Reg') by Stuart Shanker and Teresa Barker

### Sensory Needs

**The Out of Sync Child** by Carol Stock Kranowitz,  
**The Out of Sync Child Grows Up** (for Teens) by Carol Stock Kranowitz,

### Special Interests

**What I want to talk about** by Pete Wharmby

### ND and Chronic Illness/Hypermobility

**All Tangled Up** by Charli Clement (book)  
**Dr. Jessica Eccles** (drbendybrain on social media)  
**Bendy Bodies podcast** (hypermobility and associated)  
**Ehlers-Danlos Support UK** [www.ehlers-danlos.org](http://www.ehlers-danlos.org)

### 2e and Giftedness

**The Gifted Learner: How To Help** by Fidelma Healy Eames (book)  
**Neurodiversity Podcast** with Emily Kircher-Morris has plenty of podcasts on the topic if you search for 'gifted'

### Executive Function

Books by Peg Dawson and Richard Guare for three age groups:  
**Smart but Scattered** (for 4-13yr olds)  
**Smart but Scattered Teens**  
**Smart but Scattered -and Stalled** (for young adults)

## **PDA**

**The Family Experience of PDA** by Eliza Fricker  
**Declarative Language Handbook** by Linda K Murphy  
**Low Demand Parenting** by Amanda Diekman  
**The Educator's Experience of Pathological Demand Avoidance** by Laura Kerbey

## **AuDHD (both Autistic & ADHD)**

**Unmasked** by Ellie Middleton  
**Different not Less** by Chloe Hayden

## **ADHD**

**ADHD 2.0** by Edward Hallowell and John Ratey  
**How to ADHD** by Jessica McCabe  
**Scatterbrain** by Shaparak Khorsandi (memoir)  
**Delivered from Distraction** (for Adults) by Edward Hallowell and John Ratey

## **Autism**

**Untypical** by Pete Wharmby  
**Strong Female Character** by Fern Brady (memoir)  
**Unmasking Autism** by Devon Price  
**Our House Is on Fire** by Malena Ernman (memoir)  
**Why Can't I Just Enjoy Things?: A Comedian's Guide to Autism** by Pierre Novellie (memoir)  
**Unbroken** by Alexis Quinn (memoir)  
**The reason I Jump** by Naoki Higashida (non-speaking)  
**Speechless** by Fiacre Ryan (non-speaking autism)

## **Dyspraxia, Dyslexia and SLP**

**Knowing no Boundaries** by Hannah Daly (memoir)

## **PODCASTS**

Neurodiversity Podcast with Emily Kircher-Morris  
The Neurodivergent Woman  
ADHD Chatter  
ADHD Essentials  
PDA-Parents  
ADHD Women's Wellbeing  
Divergent Conversations

## **YOUTUBE CHANNELS**

...most podcasts are also on YouTube.  
How to ADHD  
ND Adults: Yo Samdy Sam (Autism and ADHD)  
Morgan Foley (Autism and ADHD)

## **INSTAGRAM**

@neurodivergent\_lou  
@neurowild  
@neurodivergent\_insights  
@speechdude  
@sensoryclass  
@autistic\_therapist  
@anautisticguide  
@school\_run\_mum\_autism  
@atpeaceparents  
@deepwrk\_hg

## **WEBSITES**

[www.solutiontalk.ie](http://www.solutiontalk.ie) (see articles with neurodiversity tag)  
[www.neurodivergentinsights.com](http://www.neurodivergentinsights.com)  
[www.attitudemag.com](http://www.attitudemag.com) (ADHD)

## **PARENT COURSES**

Parents Plus ADHD Programme run through ADHD Ireland.

Parents Plus Special Needs Programme (for parents of teenagers with an intellectual disability) run through Family Carers Ireland.