

ASSOCIATIONS

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

Most of the below 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. Many of the titles are also available in libraries.

BOOKS

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

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

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

PDA in the Family by Steph Curtis
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
Wired Our Own Way: Anthology of Irish Autistic voices
Edited by Niamh Garvey
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)
Neurotribes by Steve Silberman

Dyspraxia, Dyslexia and SLP

Knowing no Boundaries by Hannah Daly (memoir)

For Children

Wonderfully Wired Brains by Louise Gooding (7-9 years)

PODCASTS

The Neurodivergent Woman
Neurodiversity Podcast with Emily Kircher-Morris
ADHD Chatter
ADHD Essentials
The Hidden 20%
PDA-Parents
ADHD Women's Wellbeing
Divergent Conversations

YOUTUBE CHANNELS

...most podcasts are also on YouTube.

How to ADHD

INSTAGRAM

@neurodivergent_lou

@neurowild

@neurodivergent_insights

@neuroteachersuk

@adhdietitian

@school_run_mum_autism

@atpeaceparents

@ot_sorcharice

@itsthatparent

@joshfromrerright

PARENT COURSES

Parents Plus ADHD Programme run through some CAMHS, ADHD Ireland, Parentline.

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