

# FAMILY RESOURCE PACKET

Do you have a friend, child, or other family member on the neurodiverse spectrum?

Book recommendations under the neurodiverse umbrella...

*(The following list of book recommendations, as well as list of neurodiverse resources for families, was carefully hand-selected by Neurodiverse Children's Book Author, and Librarian, Chelsea DiCicco)*



ADHD

AUTISM

OCD

SPD

DYSLEXIA

DOWN-  
SYNDROME

DYSGRAPHIA

DYSCALCULIA

+ MORE

[Scan to read  
full blog post.](#)

# Children's Picture Books



1. *Up and Adam* by Debbie Zapata
2. *ADHD and Me* by Chelsea DiCicco
3. *All My Stripes: A Story for Children with Autism* by Shaina Rudolph and Danielle Royer
4. *How to Build a Hug: Temple Grandin and Her Amazing Squeeze Machine* by Amy Guglielmo and Jacqueline Tourville
5. *It Was Supposed to Be Sunny* by Samantha Cotterill
6. *Juan Has the Jitters!* by Aneta Cruz
7. *The Girl Who Thought In Pictures: The Story of Dr. Temple Grandin* by Julia Finley Mosca
8. *Big Truck Play Date* by Laurie Carmody
9. *Rowdy in the Library* by Yvonne Fletcher
10. *Cory Stories: A Kid's Book About Living with ADHD* by Jeanne Kraus
11. *The Playground Problem: a book about anxiety* by Dr. Tracy Packiam Alloway
12. *The Perfect Project: a book about autism* by Dr. Tracy Packiam Alloway
13. *The Classroom Mystery: a book about ADHD* by Dr. Tracy Packiam Alloway
14. *My Friend has Autism* by Amanda F. Doering
15. *Some Kids Have Autism* by Martha Rustad
16. *Aurora's Gift* by Emily Bunny
17. *A Friend for Henry* by Jenn Bailey
18. *Dyslexia* by Ann Squire
19. *Balloons* by Rainbow Mosho
20. *Dyslexia: My Health Series* by Alvin Silverstein
21. *The Abilities in Me ADHD* by Gemma Keir
22. *Dyslexic Brains Are Beautiful Brains* by Kaitlin McCartney
23. *My Wandering Mind* by Merriam Sarcia Saunders
24. *A Walk in Words* by Hudson Talbott
25. *A Friend for Henry* by Jenn Bailey
26. *Different- A Great Thing to Be!* By Heather Avis
27. *When things get too loud: A story about sensory overload* by Anne Alcott
28. *When Oliver Speaks* by Kimberly Garvin
29. *Me is Awesome: The Story of my Dyspraxic World (Dyspraxia)* by Terri Lamberton
30. *My Friend Josh Has DCD* by Christine R Draper
31. *What Your Friend With Apraxia Wants You To Know* by Laura T Bruno
32. *Beyond Words: A Child's Journey Through Apraxia* by Dana Hall
33. *My Brother Charlie* by Holly Robinson Peete
34. *Dyslexic Legends Alphabet* by Beck Feiner
35. *Mindfulness Workbook for Kids with ADHD: Engaging Activities to Help Children Calm, Focus, Self-Regulate, and to Promote Health and Wellness in Children* by Jennie Miller

[To see my list of middle grade, teen, and adult neurodiverse reads, visit my blog.](#)

# Websites, Blogs & Groups

- *The Childhood Collective- they provide ADHD parenting tips and tricks that are backed by science and easy to use for busy parents.*
- *Autism Tennessee- a nonprofit organization based in Tennessee that believes that each person with autism is a unique individual. A local place to find community.*
- *Autism Spectrum Disorder Support Group- a Facebook Group that offers resources designed to help support family and friends of children and adults with autism.*
- *Today's Parent- a website devoted to helping families with a number of different situations, including helping kids with sensory processing disorders.*
- *Tennessee Autism Parent Support Group- a Facebook group for parents in Tennessee to come together and share support, conversation, questions, and build friendships.*
- *The Kids Club - An organization located at 1347 Kentucky Hwy 185, Suite 2, Bowling Green, KY 42101 Phone: 270-746-0333*
- *ADDitue Magazine- an online website that features parenting blogs and resources for families with children with ADD/ADHD.*
- *Kids Activities Blog- a fantastic website with printable resources for families on and off the spectrum, including children with ADHD.*
- *Understood.org- an educational website with resources and tools for parents who have children dealing with dysgraphia.*
- *Readingrockets.org- an educational website helping parents and teachers effectively teach children with various learning differences.*
- *Helpforstrugglingreaders.blogspot.com- a great website for assisting families who have children with dyslexia as they learn how to read.*