



## **Neurodiversity Understood – Parent Resource Guide**

Neurodiversity is the diversity that exists in neurotype among humans. It is understood as diversity recognition just as other forms of diversity (ethnic, gender, etc.) exist. Neurodivergent is a term that refers to individuals that diverge from societal constructed concepts of what is “typical” and “normal” in terms of navigating a society’s systems. Neurodivergent identity would include (but is not limited to) Autistic, ADHD, sensory differences, learning differences, intellectual development disorder, Tourette syndrome, etc.

Neurodiversity affirming is the application of viewing Neurodivergent children through an affirming lens. At its most basic, it promotes value, self-worth, strengths, and positive identity as a Neurodivergent person. This is done through the relationship of the adult to the child, the language used with the child, the way in which the child is approached, taught, valued, and presented with information about being neurodivergent. Affirming principles view neurodivergence as a difference not a deficit. Regardless of need areas, accommodations, or issues the child may have, the child is always affirmed in their neurodivergence and never addressed as being a mistake, less than, not as good as, or needing to be fixed or cured.

Therapy is not accessed to make the child neurotypical. It is accessed to provide help for something that is a true need the child has such as dealing with depression, anxiety, poor self-worth, trauma, regulation struggles, social navigation, life adjustment challenges, etc. Parents can also learn more about neurodiversity affirming parenting approaches and how to advocate for neurodiversity affirming approaches in the therapy, programs, and education systems in which their child participates.

The following is a list of resources for parents to increase their knowledge of neurodiversity, neurodivergence, and neurodiversity affirming practices. As you dive into various resources, keep in mind that each neurodivergent person (including your child) has a neurodivergent spectrum of presentation. Not everything you explore will relate specifically to your child. As you explore information, think about how it applies to your child and your family.

It is helpful to gain information from actual neurodivergent trainers, writers, and professionals. If possible, have a neurodiversity affirming therapist in place to work with as you learn more. Your therapist may be helpful in navigating questions that arise and processing through new insights and awareness.

Overall, remember that you are a valuable and important part of your child’s life and your child’s neurodivergent development. Your affirming presence will help your child to gain their own internalized affirming recognition. Your knowledge and advocacy efforts will model for your child and help them along their own journey.

## **RESOURCES (Autistic Children)**

### ***Books for Parents***

*Start Here: A Guide for Parents of Autistic Kids* by The Autistic Self Advocacy Network

*Understanding Autism: A Neurodiversity Affirming Guidebook for Children and Teens* by Robert Jason Grant

*Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity* by Autistic Women and Nonbinary Network

*I will Die on This Hill* by Megan Ashburn and Jules Edwards

### ***Children's Books***

*Congratulations You're Autistic* by Katie and Alex Bassiri

*The Secret Life of Rose* by Rose Smitten

*The Autistic Boy in the Unruly Body* by Gregory Tino

*A Day With No Words* by Tiffany Hammond

### ***Other Resources***

The Autistic Self Advocacy Network website - <https://autisticadvocacy.org/>

## **RESOURCES (ADHD Children)**

### ***Books for Parents***

*Understanding ADHD: A Neurodiversity Affirming Guidebook for Children and Teens* by Robert Jason Grant

*ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction--from Childhood through Adulthood* by Edward M. Hallowell and John J. Ratey

### ***Children's Books***

*My Brain is a Race Car: A Children's Guide to a Neuro-Divergent Brain* by Nell Harris

*Love Me Love My ADHD* by Chrissie Davies

*Journal of an ADHD Kid: The Good, the Bad, and the Useful* by Tobias Stump

### ***Other Resources***

How To ADHD website and YouTube Channel - <https://howtoadhd.com/>

## **RESOURCES (Sensory Different Children)**

### ***Books for Parents***

*Understanding Sensory Differences: A Neurodiversity Affirming Guidebook for Children and Teens* by Robert Jason Grant

*Living Sensationally* by Winnie Dunn

*No Longer A Secret, 2nd edition: Unique Common Sense Strategies for Children with Sensory and Regulation Challenges* by Lucy Jane Miller, Lisa M. Porter, and Doreit S. Bialer

### ***Children's Books***

*Sensory Ninja: A Children's Book About Sensory Superpowers and SPD, Sensory Processing Disorder* by Mary Nhin

*Wiggles, Stomps, and Squeezes Calm My Jitters Down* by Lindsey Parker

*Rosalee the Seeker* by Nicole Filippone

### ***Other Resources***

STAR Institute website - <https://sensoryhealth.org/>

## **RESOURCES (General Neurodivergence)**

### ***Books for Parents***

*Different, Not Less: A neurodivergent's guide to embracing your true self and finding your happily ever after* by Chloe Hayden

*Raising Twice-Exceptional Children: A Handbook for Parents of Neurodivergent Gifted Kids* by Emily Kircher-Morris

*Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges* by Mona Delahooke

### ***Children's Books***

*Neurodivergent Ninja: A Children's Book About the Gifts of Neurodiversity* by Mary Nhin

*Neurodiversity! What's That?* By Nadine Ramina Arthur

*Some Brains: A Book Celebrating Neurodiversity* by Nelly Thomas

### ***Other Resources***

Different Brains website - <https://differentbrains.org/>