



foundations

CHILD, ADOLESCENT AND FAMILY THERAPY

Post Diagnostic Booklet



Autism and ADHD
Foundations Assessments

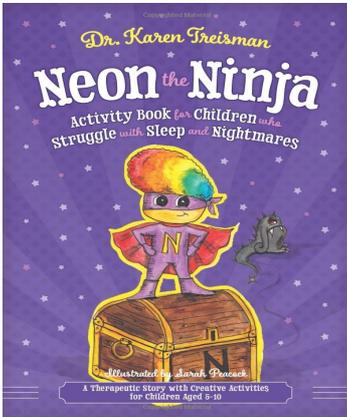


National
Autistic
Society



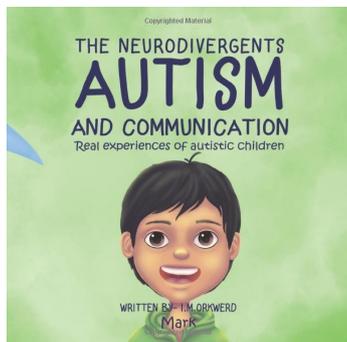
Teen Life
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Book Recommendations



Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmares

A Therapeutic Story with Creative Activities for Children Aged 5-10. Based on creative, narrative, sensory, and CBT techniques, it is full of tried and tested exercises, tips and techniques to aid and alleviate nightmares and sleeping difficulties.



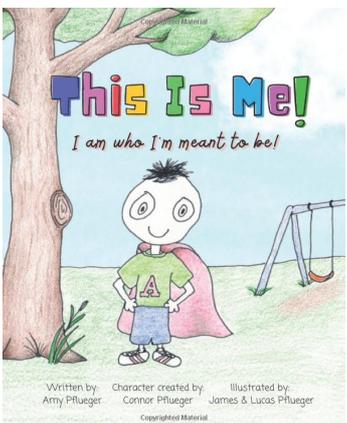
The Neurodivergent's Autism and Communication

By sharing genuine authentic voices, I.M. Orkwerd teaches children all over the world what it means to be Autistic. Join Mark (one of the Neurodivergent series) as he explains how he experiences the world differently and needs different support than other people.



The Superhero Brain: Explaining autism to empower kids

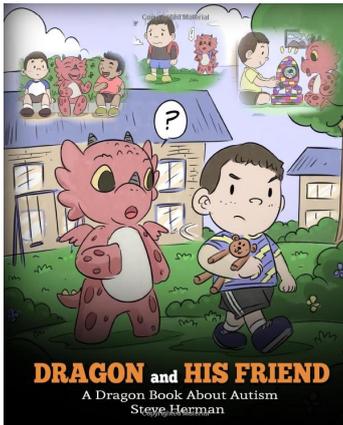
Referring to sensory issues as "special powers", and explaining how living with autism can feel awesome and tricky at the same time, Christel Land explains to children what it means to have autism, leaving them feeling empowered and able to make their dreams come true.



This Is Me! I am who I'm meant to be!

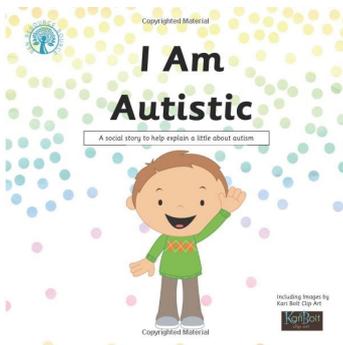
Explaining autism in a special way, join Able as he invites you to visit his unique world. Learn how to help people understand more about autism, embrace our differences and raise acceptance of autism; encouraging children to be confident in being who they are - because they are who they're meant to be!





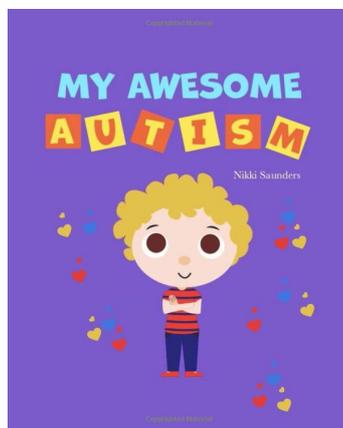
Dragon and His Friend: A Dragon Book About Autism

Described as a ‘cute’ children’s story, Steve Herman explains the basics of autism at the child’s level. From the ‘My Dragon Books Series’, learn how to understand that we’re all uniquely different and that the world around us is experienced differently.



I Am Autistic: A social story to explain a little about autism

Using a patient and reassuring tone, teach your child about autism in a way that can be easily understood. Through the structure of a social story, this book is designed to explain a little about autism to a child who is autistic.



My Awesome Autism

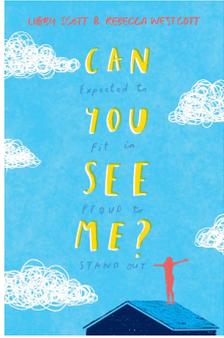
Helping children learn about their autism diagnosis empowers them and highlights just how brilliant they are for being themselves! Join Eddie as he shows us that we are all different and unique, have many strengths and talents, reminding children that they are loved and valued.



I See Things Differently

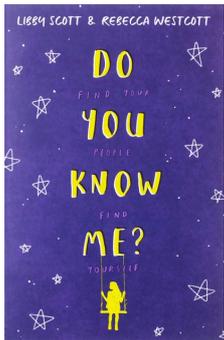
Written by trained psychotherapist, journalist and parent, this reassuring picture book explains what autism is in simple terms. Pat Thomas helps children with siblings, or classmates, with autism understand what everyday life feels like from a child with autism's perspective.





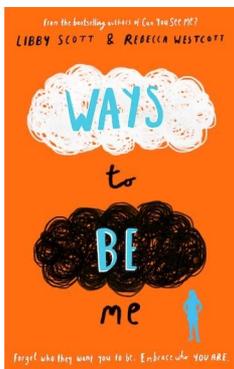
Can You See Me?: A powerful story of autism, empathy and kindness

This book is a fictionalised portrayal of Libby's Scott own experiences of autism as an 11-year-old girl and includes her own diary entries throughout the story. It is aimed to give readers a deeper understanding of what it is like to be autistic.



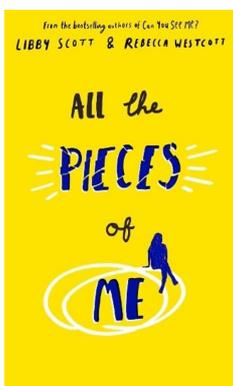
Do You Know Me? The second powerful story of autism, empathy and kindness from the bestselling author of Can You See Me?

Do you Know Me? Is the second book in collaboration with Libby Scott. Following on from 'Can You See Me?', the story continues as we learn about the difficulties of friendships and relationships with others when you have autism, and what to do in the face of adversity and unfair treatment among peers.



Ways to Be Me: The third powerful story of autism, empathy and kindness from the bestselling authors of Can You See Me?

Ways to Be Me is the prequel to the previous stories of 'Can You See Me?' and 'Do You Know Me?'. This standout book follows the young girl through her autism diagnosis in her final year of primary school as well as the moment her parents told her that she has autism.



All the Pieces of Me: The fourth powerful story of autism, empathy and kindness from the bestselling authors of Can You See Me?

All the Pieces of Me is the fourth book in the series. The book continues to follow the life of young autistic girl as she now enters her teenage years and the difficulties she is facing with friendships, boys, makeup and the prep for her GCSE exams.



Sensory Item Recommendations



Tangle

A tangle is a classic stim toy which can be twisted and turned into all different shapes in your hand. Tangles are a subtle and quiet edition.



Chewelry

Chewelry are brilliant if you often find yourself needing to chew upon things. The wearable nature of Chewelry makes it particularly accessible.



Pop It

A Pop it is essentially like a reusable bubble wrap and makes a really satisfying noise. They can also assist with learning fine motor skills.



Spinner Ring

Spinner rings are often called "anxiety rings" or "worry rings" as they are used to calm and focus the mind. Many find twirling these rings to be a great way to relieve anxiety discreetly.



Glitter Tubes

Glitter tubes are good visual stims. As you turn the tube upside down, you can watch the colour and glitter move down the tube.



Putty

Putty is brilliant for squeezing, stretching, and moulding in your hands. It can also help to improve hand strength and motor skills.





12-Sided Fidget Cube

This is a 12-sided fidget cube with even more functions than the original fidget cube. It has a variety of different functions including a bumpy surface, gel balls, elastic rope, and sliders.



Mesh Ball

This is a mesh ball. It is really satisfying both as a visual stim and a tactile stim. It is very stress relieving when you squeeze it and watch it.



Exercise Ball

Exercise balls can really help with concentration and is a good emergency stim. They are also good for applying consistent pressure over your child's body, which is great for calming.



Orbeez

Orbeez can be a really good tactile stim and are an alternative texture. They come in all sorts of different colours too.



Magnets

Magnets are really satisfying to fidget with and are small, so can easily fit in a pocket.



Fidget Pen

Fidget components have been built into a pen. They are also suitable for the classroom, without being overly distracting to both the user, and their peers.





Bicycle Fidget

A small and subtle quiet fidget toy. The way that is simple and repetitive can really help. It is good to use when you are needing to concentrate.



Weighted Blanket

Weighted blankets can provide deep pressure and can help to regulate the sensory system. They can also help with sleep and anxiety.



Sequin Fidget Toy

Sequin fidget toys are both visual and tactile stim toys. They come in a variety of different shapes, colours, and sizes.



Bubble Tube

Bubble tubes can be very relaxing to watch. Watching a bubble tube can be a brilliant part of a daily sensory routine.



Koosh Ball

Koosh balls are good to stim with, particularly if you struggle with hair pulling or skin picking.



Infinite Fidget Cube

An infinite cube that is noiseless and a compact tactile sensory cube. It can be flipped and folded constantly into different shapes.

