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These are some resources that have worked well for my family, but every child is different. I hope something in these recommendations works for you too!

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# Great for All Families

## Reference Books

The Brain Forest

Sandhya Menon

<https://seattle.bibliocommons.com/v2/record/S30C3817211>

Simple and readable introduction to neurodiversity for even young children

Wonderfully Wired Brains

Louise Gooding

<https://seattle.bibliocommons.com/v2/record/S30C3892091>

A beautifully illustrated, neuro-affirming overview of neurodiversity; good for older kids or as a reference book with adult help

## Picture Books

Bitsy Bat, School Star

Kaz Windness

<https://seattle.bibliocommons.com/v2/record/S30C3890206>

Great for all kids with accommodations at school, for visible or invisible differences and needs

Janine

Maryann Cocca-Leffler

<https://seattle.bibliocommons.com/v2/record/S30C3077239>

This story about a one-of-a-kind child with disabilities champions kindness and individuality over conformity and exclusion

Perfectly Norman

Tom Percival

<https://seattle.bibliocommons.com/v2/record/S30C3367597>

Can be interpreted in many different ways, but a neurodivergent reader may identify with Norman's "masking"

The Smart Cookie

Jory John and Pete Oswald

<https://seattle.bibliocommons.com/v2/record/S30C3729999>

A cookie sometimes has trouble keeping up at school but learns that everyone is "smart" in their own way and that there are lots of ways to express mastery and originality

Tiger Tail  
Mike Boldt

<https://seattle.bibliocommons.com/v2/record/S30C3190927>

Story with a subtle message that everyone is “different” in some way

When Charley Met Emma  
Amy Webb

<https://seattle.bibliocommons.com/v2/record/S30C3450305>

A book centered on a character with limb differences who uses a wheelchair;  
“Different isn’t weird, sad, bad, or strange. Different is different. And different is OK!”

## Other Media

Carl the Collector  
PBS Kids

The protagonist is autistic, and several of the main characters are neurodiverse. Episodes address issues like anxiety, impulsivity, sensory differences, and social cues. The show is very neurodiversity affirming.

KIND (Kids Including and Nurturing Disabilities) of the Upstate offers a great reading list, which includes many recommendations for specific visible and invisible disabilities.

<https://kindoftheupstate.org/curriculum/>

<https://kindoftheupstate.org/wp-content/uploads/2024/10/kind-reading-list-2024.pdf>

## Community Resources

The Arc of King County

The “hub of information regarding local resources and support in King county” for people with intellectual and developmental disabilities. They “help families identify, connect with, navigate, and utilize community resources”

<https://arcofkingcounty.org/find-support/school-aged-children.html>

# ADHD

## Family Education

The Childhood Collective offers a wonderful free podcast about parenting ADHD children. They also offer printables and online courses for purchase.

<https://thechildhoodcollective.com/>

“Want to Improve Your Focus With ADHD? Try Listening to Lo-Fi: How music can improve ADHD symptoms”

<https://www.psychologytoday.com/us/blog/mythbusting-adhd/202401/want-to-improve-your-focus-with-adhd-try-listening-to-lo-fi>

## Picture Books

Different Thinkers: ADHD

Katia Fredriksen and Yael Rothman

<https://seattle.bibliocommons.com/v2/record/S30C3969057>

Mrs. Gorsky, I Think I Have the Wiggle Fidgets

Barbara Esham

<https://seattle.bibliocommons.com/v2/record/S30C3154448>

My Brain Needs Glasses: ADHD Explained to Kids

Annick Vincent

<https://seattle.bibliocommons.com/v2/record/S30C3901356>

A non-fiction book, probably best for grades 2+; supportive of medication as an option and overall neuro-affirming

My Friend Has ADHD

Amanda Doering Tourville

<https://seattle.bibliocommons.com/v2/record/S30C2653787>

My Whirling, Twirling Motor

Merriam Garcia Saunders

<https://seattle.bibliocommons.com/v2/record/S30C3442697>

Unstoppable Me

Susan Verde

<https://seattle.bibliocommons.com/v2/record/S30C3463123>

# Anxiety

## Picture Books

Big Worry Day, The

KA Reynolds

<https://seattle.bibliocommons.com/v2/record/S30C3811261>

Everyone Feels Anxious Sometimes

Daniela Owen

<https://seattle.bibliocommons.com/v2/record/S30C3814198>

Facing Mighty Fears About Being Apart from Parents

Dawn Huebner

<https://seattle.bibliocommons.com/v2/record/S30C3972186>

In the same series, Dr. Huebner also has a book about anxiety about animals

Hey Warrior

Karen Young

<https://seattle.bibliocommons.com/v2/record/S30C3386052>

A kid-friendly look at neurobiology, the amygdala, and anxiety

I'm Worried

Michael Ian Black

<https://seattle.bibliocommons.com/v2/record/S30C3452199>

Nope, Never, Not for Me!

Samantha Cotterill

<https://seattle.bibliocommons.com/v2/record/S30C3455733>

Sensory aversions and anxiety around food

Pout-Pout Fish and the Worry-Worry Whale

Deborah Diesen

<https://seattle.bibliocommons.com/v2/record/S30C3795513>

A story about overcoming "social anxiety by tackling the worries one at a time"

Ruby Finds a Worry

Tom Percival

<https://seattle.bibliocommons.com/v2/record/S30C3465401>

Sometimes I Kaploom

Rachel Vail

<https://seattle.bibliocommons.com/v2/record/S30C3902735>

Why do I feel scared? A First Look at Being Brave

Pat Thomas

<https://seattle.bibliocommons.com/v2/record/S30C2932230>

The Worry Monster: Calming Anxiety with Mindfulness

Catherine Cook-Cottone

<https://seattle.bibliocommons.com/v2/record/S30C4017473>

# Autism

Also see “*Social-Emotional Learning*,” “*Sensory Processing*,” and “*Anxiety*” sections

## Picture Books

Bitsy Bat, School Star

Kaz Windness

<https://seattle.bibliocommons.com/v2/record/S30C3890206>

Autistic protagonist improves her experience at school through accommodations and embracing her strengths and differences

A Day with No Words

Tiffany Hammond

<https://seattle.bibliocommons.com/v2/record/S30C3868941>

Protagonist is a non-speaking/nonverbal autistic child who uses a tablet to communicate

Isaac and His Amazing Asperger Superpowers!

Melanie Walsh

<https://seattle.bibliocommons.com/v2/record/S30C3162173>

Although this book uses the dated and non-preferred term for Level 1 autism, the content of the book is still very relevant, and it is a fun read

It Was Supposed to be Sunny

Samantha Cotterill

<https://seattle.bibliocommons.com/v2/record/S30C3671011>

Coping with unexpected changes

My Life with Autism

Mari Schuh

<https://seattle.bibliocommons.com/v2/record/S30C3685469>

Remarkable Remy

Melanie Heyworth

<https://seattle.bibliocommons.com/v2/record/S30C3910056>

Same Way Ben

Maryann Cocca-Leffler

<https://seattle.bibliocommons.com/v2/record/S30C3486235>

Flexibility, routine

Sometimes Noise is Big

Angela Coelho

<https://seattle.bibliocommons.com/v2/record/S30C3342099>

Why Johnny Doesn't Flap: NT is OK!

Clay Morton & Gail Morton

<https://seattle.bibliocommons.com/v2/record/S30C3142592>

Written from the perspective of an autistic child, this very neuroaffirming book flips the script typically found in picture books

## Adult Reading

Neurotribes: the Legacy of Autism and the Future of Neurodiversity

Steve Silberman

<https://seattle.bibliocommons.com/v2/record/S30C3792167>

## Siblings of Children with Autism

Benji, the Bad Day, and Me

Sally Pla

<https://seattle.bibliocommons.com/v2/record/S30C3399476>

From the perspective of a child with a younger sibling who is autistic and has sensory needs and challenges

My Brother Otto

Megan Raby

<https://seattle.bibliocommons.com/v2/record/S30C3870984>

From the perspective of a child with a younger sibling who is autistic and has sensory needs and challenges; there are multiple books in this series

# Dyslexia

## Family Education

“Hard to Read: How American schools fail kids with dyslexia” documentary (available as both an audio story and in writing at the following address)

<https://www.apmreports.org/episode/2017/09/11/hard-to-read>

The Science of Reading Podcast Index curates over a dozen podcast episodes focused on Dyslexia

<https://www.themeasuredmom.com/podcast-index/#dyslexia>

## Picture Books

Aaron Slater, Illustrator

Andrea Beaty

<https://seattle.bibliocommons.com/v2/record/S30C3736036>

Brilliant Bea

Shaina Rudolph and Mary Vukadinovich

<https://seattle.bibliocommons.com/v2/record/S30C3750323>

My Life with Dyslexia

Mari Schuh

<https://seattle.bibliocommons.com/v2/record/S30C3685574>

# OCD

## Picture Books

I Think I Think a Lot

Jessica Whipple

<https://seattle.bibliocommons.com/v2/record/S30C3928769>

# PDA

PDA (“Pathological Demand Avoidance” or “Persistent Drive for Autonomy”) is considered a profile of autism. However, it is not currently officially diagnosed in the US. Parents of children with this profile can really benefit from PDA-specific resources, as many commonly recommended strategies and practices for autistic children are contraindicated for PDA children.

Children for whom an Oppositional Defiant Disorder (ODD) diagnosis is being discussed may wish to learn about PDA as well. Outward behaviors are often quite similar for ODD and PDA; however, the underlying causal mechanisms – and, thus, the most appropriate interventions – differ between the two.

## Family Education: Books for Adults

Declarative Language Handbook

Linda Murphy

<https://seattle.bibliocommons.com/v2/record/S30C3879265>

Declarative language is a communication style which lowers demands and may be very helpful with PDA individuals

When the Naughty Step Makes Things Worse

Naomi Fisher and Eliza Fricker

<https://seattle.bibliocommons.com/v2/record/S30C4028382>

A really affirming and supportive book about low demand parenting of pressure sensitive kids

## Family Education: Podcasts & Web Resources

At Peace Parents

<https://www.atpeaceparents.com/>

Offers a wonderful podcast, several free courses, and PDA resources, as well as a paid coaching program; I highly recommend the following podcast episodes in particular:

- Episode 7: “4 Ways to Support Your PDA Child’s Nervous System”
- Episode 25: “Reframing Progress as a Parent of a PDA Child or Teen”
- Episode 39: “Parenting through the Holidays”
- Episode 44: “Five Places Parents Get Stuck”
- Episode 46: “Strewing to Accommodate your PDA Child of Teen”

Dr. Mona Delahooke

Clinical psychologist with books, podcast interviews, and blog posts about “brain-body” parenting and education:

- Podcast: <https://monadelahooke.com/podcasts/>
- Article: “Deconstructing Oppositional Defiant Disorder”
  - <https://monadelahooke.com/deconstructing-oppositional-defiant-disorder/>
- Article: “Oppositional Defiance or Faulty Neuroception?”
  - <https://monadelahooke.com/oppositional-defiance-faulty-neuroception/>

#### PDA North America (PDANA)

<https://pdanorthamerica.org/>

A non-profit, 501(c)3, that offers a number of both free and paid resources, trainings and supports to the PDA community & professionals that support them

#### PDA Parents

A very listenable short podcast series that is easy to connect with

<https://www.pdaparents.com/podcast>

Ross Green’s “Lives in the Balance Summit 2025: Current Thinking About Autism & PDA” (5 hours of content) is available to rent on-demand for \$75:

<https://vimeo.com/ondemand/2025summit>

#### PDA and School

##### EVOLVE with Dr. Tay podcast

Episode 115 – PDA and IEPs: Bridging the Gap Between Home and School

<https://podcasts.apple.com/us/podcast/115-pda-and-ieps-bridging-the-gap-between-home-and/id1659784037?i=1000656378322>

# Self-Regulation

## Picture Books

Breathe like a Bear

Kira Willey

<https://seattle.bibliocommons.com/v2/record/S30C3342087>

Short breathing and mindfulness activities “for kids to feel calm and focused anytime, anywhere”

How I Feel When I Hear No!

Ronit Farzam

<https://seattle.bibliocommons.com/v2/record/S30C3949376>

“Helping children cope with the big feelings associated with hearing ‘no’”

How to Train Your Amygdala

Anna Housley Juster

<https://seattle.bibliocommons.com/v2/record/S30C3985159>

An impressively child-friendly way to “learn *about* the amygdala *from* the amygdala, how your amygdala can sometimes get confused, and simple ideas to calm and train it”

Mop Rides the Waves of Life

Jaimal Yogis

<https://seattle.bibliocommons.com/v2/record/S30C3612397>

Way Past Embarrassed

Hallee Adelman

<https://seattle.bibliocommons.com/v2/record/S30C3920982>

The Worry Balloon

Monica Mancillas

<https://seattle.bibliocommons.com/v2/record/S30C3897820>

# Sensory Processing

## Family Education

Harkla offers online courses for purchase, as well as Youtube videos and the free “All Things Sensory” podcast:

<https://harkla.co/collections/courses>

Color Taste Texture: Recipes for Picky Eaters, Those with Food Aversion, and Anyone Who’s Ever Cringed at Food

Matthew Broberg-Moffitt

<https://seattle.bibliocommons.com/v2/record/S30C3911633>

A book by an autistic chef, with the mission “to ensure that everyone has a trauma-free, nutritious, and healthful relationship with food”; the informative writing about food aversion at the beginning of the book is just as valuable as the recipes

## Picture Books

Listening to My Body

Gabi Garcia

<https://seattle.bibliocommons.com/v2/record/S30C3462643>

Interoception

My Brain is Magic

Prasha Sooful

<https://seattle.bibliocommons.com/v2/record/S30C3862280>

Sensory seeking

Nope, Never, Not for Me!

Samantha Cotterill

<https://seattle.bibliocommons.com/v2/record/S30C3455733>

Sensory aversions and anxiety around food

Rosalee the Seeker

Nicole Filippone

<https://seattle.bibliocommons.com/v2/record/S30C3798048>

Sensory seeking

Too Much: an Overwhelming Day

Jolene Gutierrez

<https://seattle.bibliocommons.com/v2/record/S30C3916771>

Sensory overwhelm and overstimulation

Too Sticky: Sensory Issues with Autism

Jen Malia

<https://seattle.bibliocommons.com/v2/record/S30C3526994>

Sensory aversions

When Things Get Too Loud

Anne Alcott

<https://seattle.bibliocommons.com/v2/record/S30C3808806>

Sensory overload

# Social-Emotional Learning

## Picture Books

Can I Play Too?

Samantha Cotterill

<https://seattle.bibliocommons.com/v2/record/S30C3521235>

Wonderful for early elementary students learning to read social cues to better interact with peers

How to Be a T Rex

Ryan North

<https://seattle.bibliocommons.com/v2/record/S30C3389466>

A humorous book teaching children about “harnessing great power for good”

I’m Happy-Sad Today

Lory Britain

<https://seattle.bibliocommons.com/v2/record/S30C3465909>

Normalizes feeling more than one thing at the same time

I’m Sorry

Michael Ian Black

<https://seattle.bibliocommons.com/v2/record/S30C3722466>

Let’s Play! A Book about Making Friends

Amanda McCardie

<https://seattle.bibliocommons.com/v2/record/S30C3684734>

Let’s Talk about Body Boundaries, Consent & Respect

Jayneen Sanders

<https://seattle.bibliocommons.com/v2/record/S30C3408938>

Meesha Makes Friends

Tom Percival

<https://seattle.bibliocommons.com/v2/record/S30C3627856>

My Body Sends a Signal: Helping Kids Recognise Emotions and Express Feelings

Natalia Maguire

<https://seattle.bibliocommons.com/v2/record/S30C3852319>

Also good for students who are working on interoception

My Mouth is a Volcano!

Julia Cook

<https://seattle.bibliocommons.com/v2/record/S30C2686861>

For kids who struggle with interrupting

Sometimes I am Hot Lava

Jody Jensen Shaffer

<https://seattle.bibliocommons.com/v2/record/S30C3983143>

Dealing with anger

The Color Monster

Anna Llenas

<https://seattle.bibliocommons.com/v2/record/S30C3394625>

Exploration of emotions

The Sour Grape

Jory John and Pete Oswald

<https://seattle.bibliocommons.com/v2/record/S30C3821768>

Dealing with grudges and forgiveness

“Dealing with Feelings” series

Courtney Carbone

This Makes Me Angry

<https://seattle.bibliocommons.com/v2/record/S30C3386824>

This Makes Me Jealous

<https://seattle.bibliocommons.com/v2/record/S30C3797874>

This Makes Me Sad

<https://seattle.bibliocommons.com/v2/record/S30C3768643>

This Makes Me Scared

<https://seattle.bibliocommons.com/v2/record/S30C3796371>

When I Feel Angry

Cornelia Maude Spelman

<https://seattle.bibliocommons.com/v2/record/S30C1947383>

You are a Social Detective

Michelle Garcia Winner

<https://seattle.bibliocommons.com/v2/record/S30C3023809>

You, Me and Empathy

Jayneen Sanders

<https://seattle.bibliocommons.com/v2/record/S30C3527317>

A pleasant rhyming book helping children connect their own experiences and emotions to those of others

## About IEPs or 504 plans

### Family Education

#### Where To Begin When a Student Needs Help

“This user-friendly toolkit has been created to give you and your family the guidance you need when you are navigating the special education process in Washington State.”

<https://wapave.org/where-to-begin-toolkit-when-a-student-needs-help/>

(Series of links on website; or 51 pg PDF)

#### Preparing for your IEP/504 meeting

“Advocacy Tips for Parents” provides bullet points to consider before, during, and after special education meetings

<https://wapave.org/advocacy-tips-for-parents/>

#### Pyramid of Rights Protections for Students With Disabilities

A gentle introduction to key terms regarding students’ rights, including IEP, 504 plans, FAPE, equity, access, accommodations, and modifications

<https://wapave.org/student-rights-iep-section-504-and-more/>

(2 videos: 29:09 and 16:54)

### Children’s Books about Special Education History

#### Fighting for Yes! The Story of Disability Rights Activist Judith Heumann

Maryann Cocca-Leffler

<https://seattle.bibliocommons.com/v2/record/S30C3812768>

#### We Want to Go to School! The Fight for Disability Rights

Maryann Cocca-Leffler & Janine Leffler

<https://seattle.bibliocommons.com/v2/record/S30C3725827>

A kid-friendly non-fiction look at the history of the fight for public education for students with disabilities

## Provider Recommendations

### Frances Coppa Coaching

An ADHD / Executive Function Coach who works with adults, students, and parents to “build awareness, foster strengths and get traction on your goals”

<https://www.francescoppa.com/>

### Grow in Know Pediatric Occupational Therapy (OT)

Makenzie Frid offers home based “personalized, playful, and evidence-based approach to pediatric occupational therapy.” This provider has been hugely helpful for our family!

<https://growinknow.com/>

### Neurodiversity Affirming Therapy Seattle

*Recommended by Makenzie Frid*

Offers “home-based speech-language therapy for children ages 0-12” as well as a weekly neurodivergent friendship group for ages 7-10 in Fremont

<https://www.seattlenats.org/>

### The Social Skills Laboratory - Speech Therapy

Offers “home-based and virtual teletherapy speech sessions, evaluations and peer/friendship gatherings for children, teens and young adults of all ages”

<https://www.socialskillslab.com/>

# Camps for Children with Special Needs

APEX Summer Camp at UW Autism Center

6-13 years old with autism spectrum disorder (ASD) and other neurodevelopmental disabilities, with or without a diagnosis

<https://depts.washington.edu/uwautism/apex-summer-camp/>

Associated Recreational Council (ARC) School Age Summer Day Camps

Registration process includes Special Needs/Program Accommodations Protocol meetings prior to session starting to help campers have a positive experience

<https://arcseattle.org/Summer-Break-Camp-Ages-5-12>

Camp Andy

6-12 years old with ASD and/or ADHD (siblings and peers welcome too)

<https://andycenter.org/>

Hamlin Robinson School Summer Programs

For students entering grades 1-8 with dyslexia or other language-based learning differences

<https://www.hamlinrobinson.org/our-programs/summer>

Seattle Playgarden

3.5-21 years old with disabilities (and their typically developing peers)

<https://seattleplaygarden.org/summer-camp/>

Seattle Parks and Recreation Specialized Programs for People with Disabilities Summer Day Camps

<https://www.seattle.gov/parks/recreation/for-people-with-disabilities>