

101 Trauma-Informed Interventions

Activities, Exercises and Assignments to Move the Client and Therapy Forward

Linda A. Curran, BCPC, LPC, CACD, CCDPD, EMDR Level II Trained

PESI Publishing & Media (May 1, 2013)

JourneysWithPDA.com



Summary:

This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of yourself." ~ Bessel van der Kolk, M.D. This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise. Tools and techniques drawn from the most effective trauma modalities: * Art Therapy * CBT * DBT * EFT * EMDR * Energy Psychology * Focusing * Gestalt Therapy * Guided Imagery * Mindfulness * Psychodrama * Sensorimotor Psychology * Somatic Experiencing and Movement Therapies-BONUS: Book includes a link to all reproducible worksheets! Print and use with clients right away!!Praise for 101 Trauma-Informed Interventions:"Linda Curran's unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous, exciting, and comprehensive, 101 Trauma Informed Interventions. This workbook provides a plethora of effective tools -- traditional as well as innovative -- that can be used in whole or as a part of a course of therapy and also as self-help. The variety of options offered goes a long way towards dispelling the (unfortunately) popular misconception that there are only a limited number of interventions that help people to recover from trauma. Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment, evaluate, and sort into a personally tailored trauma recovery program. This workbook is a god-send for the trauma field, expanding the possibilities for recovery in a most generous way."~ Babette Rothschild, MSW author of The Body Remembers and 8 Keys to Safe Trauma Recovery "Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors. Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon, because standard talk therapy, nine times out of ten, is simply not going to cut it. These exercises will." ~ Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal"Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing."~ Richard Schwartz, Ph.D. author of Internal Family Systems Therapy "101 Trauma-Informed Interventions provides an accessible functional "playbook" for therapists committed to the rehabilitation of the client with a trauma history. In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health. Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated." ~ Stephen W. Porges, Ph.D., author of The Polyvagal Theory "An interesting compendium of potential interventions that can be interwoven into any therapist's existing conceptual framework" ~ Louis Cozolino, Ph.D., Pepperdine University, and author of 5 books including the best-seller The Neuroscience of Psychotherapy, Healing the Social Brain (2nd edition)

Genre: Psychology

Number of Pages: 234

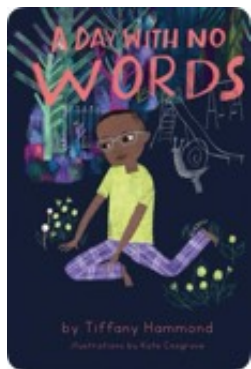
Language: English

ISBN: 9781936128426

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



♥ A Day With No Words

Tiffany Hammond

Simon and Schuster (May 9, 2023)



JourneysWithPDA.com

Summary:

A must-read that belongs in every home and classroom, A DAY WITH NO WORDS invites readers into the life of an Autism Family who communicates just as the child does, without spoken language. The American Library Association Booklist starred review boasts, "The story is written from the boy's first-person perspective, however—a clever choice in that it gives readers a direct look into his mind and reinforces the book's crucial statement that nonverbal people have as many words and as much intelligence as anyone else. Cosgrove's art, throughout, does an amazing job of transporting readers into his perspective, employing various color tones, metaphoric imagery, and 'camera' angles to reflect the deep expressiveness contained in every page [...] through this book, neurotypicals' eyes will be opened, and everyone in Autistic Families will feel seen—and heard." A DAY WITH NO WORDS is a colorful and engaging picture book for young readers shares what life can look like for families who use nonverbal communication, utilizing tools to embrace their unique method of "speaking." The story highlights the bond between mother and child and follows them on a day where they use a tablet to communicate with others. Written by an autistic mother of two autistic sons and the creator behind the popular @Fidgets.and.Fries social media platform and illustrated by Kate Cosgrove (IG @k8cosgrove), A DAY WITH NO WORDS successfully normalizes communication methods outside of verbal speech and provides representation of neurodiversity and autism in a way that affirms and celebrates.

Genre: JUVENILE FICTION

Number of Pages: 48

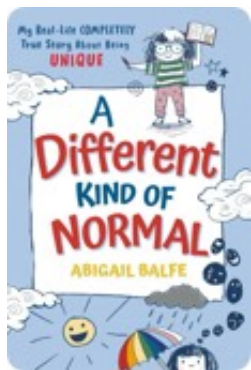
Language: English

ISBN: 9798986827322

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ A Different Kind of Normal

My Real-Life COMPLETELY True Story About Being Unique

Abigail Balfe

Random House Children's Books (October 4, 2022)



Summary:

In this joyfully illustrated memoir, Abigail Balfe recounts her journey growing up autistic and the challenges of navigating the "normal" world around her. This is a perfect book for both neurodivergent and neurotypical kids to learn more about neurodiversity. When Abigail was growing up, she was missing Very Important Information about herself. The information? That Abigail is autistic! In fact, Abigail didn't know she was autistic until she was (kind of) an adult. This is Abigail's story about what it was like growing up autistic in a confusing "normal" world. With entertaining anecdotes and funny accompanying illustrations, Abigail details her experiences and explains some Very Crucial Information about autism. And about neurodiversity too—a word that celebrates the importance of all brain types! Essential, funny, and completely unique, this book is for anyone who has ever felt different.

Genre: Juvenile Nonfiction

Number of Pages: 240

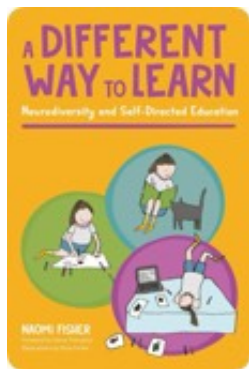
Language: English

ISBN: 9780593566473

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ **A Different Way to Learn**
Neurodiversity and Self-Directed Education

Naomi Fisher

Jessica Kingsley Publishers (June 21, 2023)

JourneysWithPDA.com



Summary:

'If you are a parent worrying whether self-directed education will work for your child, because you have been told that they have special needs which can only be met in the school system - think again! Neurodivergent children experience and interact with the world differently to many of their peers. Standard educational systems often fail to adapt to their unique strengths and ways of learning. School, and even the act of learning, can become a source of great anxiety and trauma. Self-directed education offers an alternative to traditional schools that can help neurodivergent children develop at their own pace and thrive. Blending theory, practical advice and lived experience, clinical psychologist Naomi Fisher introduces the world of self-directed learning and tailoring the learning environment to your child. This comprehensive overview of self-directed learning is packed with ideas on how to implement it at home and includes interviews from parents of neurodivergent children on how you can make learning differently work for you and your child

Genre: Education

Number of Pages: 224

Language: English

ISBN: 9781839973642

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ **A Kind of Spark**

Elle McNicoll

Random House Children's Books (October 11, 2022)



Summary:

Perfect for readers of *Song for a Whale* and *Counting by 7s*, a neurodivergent girl campaigns for a memorial when she learns that her small Scottish town used to burn witches simply because they were different. "A must-read for students and adults alike." -School Library Journal, Starred Review Ever since Ms. Murphy told us about the witch trials that happened centuries ago right here in Juniper, I can't stop thinking about them. Those people weren't magic. They were like me. Different like me. I'm autistic. I see things that others do not. I hear sounds that they can ignore. And sometimes I feel things all at once. I think about the witches, with no one to speak for them. Not everyone in our small town understands. But if I keep trying, maybe someone will. I won't let the witches be forgotten. Because there is more to their story. Just like there is more to mine. Award-winning and neurodivergent author Elle McNicoll delivers an insightful and stirring debut about the European witch trials and a girl who refuses to relent in the fight for what she knows is right.

Genre: JUVENILE FICTION

Number of Pages: 208

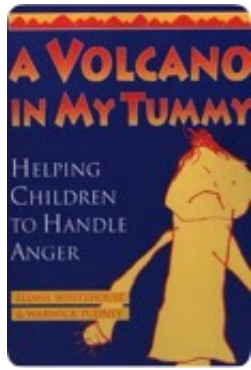
Language: English

ISBN: 9780593374283

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ **A Volcano in My Tummy**
Helping Children to Handle Anger

Eliane Whitehouse and Warwick Pudney

New Society Publishers (January 1, 1996)



JourneysWithPDA.com

Summary:

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development. Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, A Volcano in My Tummy gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

Genre: Education

Number of Pages: 80

Language: English

ISBN: 9781771423557

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ **All Cats Are on the Autism Spectrum**

Kathy Hoopmann

Jessica Kingsley Publishers (October 21, 2020)



Summary:

This updated edition of the bestselling All Cats Have Asperger Syndrome provides an engaging, gentle introduction to autism. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.

Genre: Juvenile Nonfiction

Number of Pages: 80

Language: English

ISBN: 9781787754720

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Autism in Heels

The Untold Story of a Female Life on the Spectrum

Jennifer Cook O'Toole

Simon and Schuster (December 4, 2018)



JourneysWithPDA.com

Summary:

The face of autism is changing. And more often than we realize, that face is wearing lipstick. Autism in Heels, an intimate memoir, reveals the woman inside one of autism's most prominent figures, Jennifer O'Toole. At the age of thirty-five, Jennifer was diagnosed with Asperger's syndrome, and for the first time in her life, things made sense. Now, Jennifer exposes the constant struggle between carefully crafted persona and authentic existence, editing the autism script with wit, candor, passion, and power. Her journey is one of reverse-self-discovery not only as an Aspie but--more importantly--as a thoroughly modern woman. Beyond being a memoir, Autism in Heels is a love letter to all women. It's a conversation starter. A game changer. And a firsthand account of what it is to walk in Jennifer's shoes (especially those iconic red stilettos). Whether it's bad perms or body image, sexuality or self-esteem, Jennifer's is as much a human journey as one on the spectrum. Because autism "looks a bit different in pink," most girls and women who fit the profile are not identified, facing years of avoidable anxiety, eating disorders, volatile relationships, self-harm, and stunted independence. Jennifer has been there, too. Autism in Heels takes that message to the mainstream. From her own struggles and self-discovery, she has built an empire of empowerment, inspiring women the world over to realize they aren't mistakes. They are misunderstood miracles.

Genre: Psychology

Number of Pages: 240

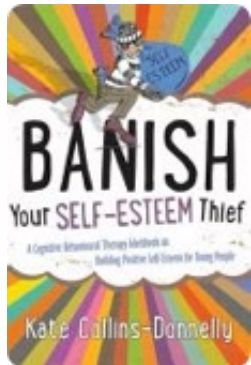
Language: English

ISBN: 9781510732858

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023



Banish Your Self-Esteem Thief

A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People

Kate Collins-Donnelly

Jessica Kingsley Publishers (2014)



Summary:

Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem. Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you change how you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish your Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner.

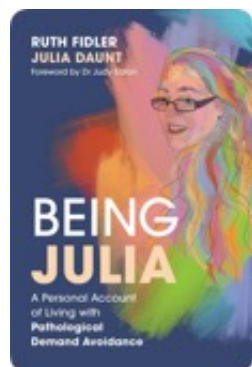
Genre: Juvenile Nonfiction

Number of Pages: 240

Language: English

ISBN: 9781849054621

Reading Status: Unread



♥ **Being Julia - A Personal Account of Living with Pathological Demand Avoidance**

Ruth Fidler and Julia Daunt

JourneysWithPDA.com

Jessica Kingsley Publishers (August 19, 2021)



Summary:

Diagnosed with Pathological Demand Avoidance (PDA) at aged 12 and writing this memoir at age 37, Julia Daunt depicts the ins and out of PDA and its symptoms, while maintaining a positive outlook on what is possible to achieve. Co-written with professional specialist Ruth Fidler, it covers how PDA impacts Julia's life, including meltdowns, sensory issues and communication in relationships. Including examples of school reports and handwritten letters, a chapter written from Julia's partner's perspective and even an example of Julia's favourite recipe, this warm and personal look at living and thriving with PDA is informative and inspiring.

Genre: Family & Relationships

Number of Pages: 192

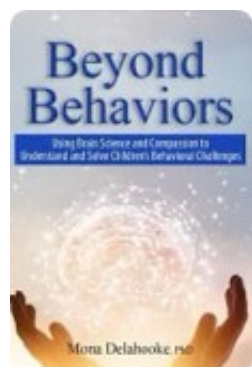
Language: English

ISBN: 9781784501884

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



♥ **Beyond Behaviors
Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges**

Mona Delahooke

PESI Publishers (2019)



Summary:

A NEW approach to solving behavioral challenges. In Beyond Behaviors, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety. Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships. Neuroscience-based effective tools and strategies for children labeled with: Conduct Disorder Oppositional Defiant Disorder (ODD) Disruptive Mood Dysregulation Disorder (DMDD) Reactive Attachment Disorder (RAD) Sensory Processing Disorder (SPD) Anxiety & Depression Autism & Developmental or Learning Differences And children who experience or have experienced: Aggressive, confusing or unpredictable behaviors Tantrums and meltdown Disconnection or shutdown Adverse childhood experiences Trauma and toxic stress

Genre: Psychology

Number of Pages: 316

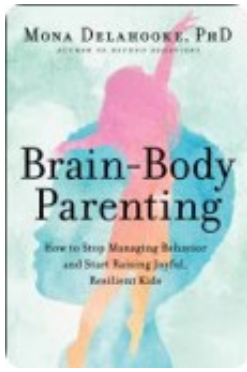
Language: English

ISBN: 9781683731191

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



Brain-Body Parenting

How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids

Mona Delahooke

HarperCollins (March 15, 2022)



JourneysWithPDA.com

Summary:

From a leading child psychologist comes this groundbreaking new understanding of children's behavior, offering insight and strategies to support both parents and children. Over her decades as a clinical psychologist, Dr. Mona Delahooke has routinely counseled distraught parents who struggle to manage their children's challenging, sometimes oppositional behaviors. These families are understandably focused on correcting or improving a child's lack of compliance, emotional outbursts, tantrums, and other "out of control" behavior. But, as she has shared with these families, a perspective shift is needed. Behavior, no matter how challenging, is not the problem but a symptom; a clue about what is happening in a child's unique physiologic makeup. In *Brain-Body Parenting*, Dr. Delahooke offers a radical new approach to parenting based on her clinical experience as well as the most recent research in neuroscience and child psychology. Instead of a "top-down" approach to behavior that focuses on the thinking brain, she calls for a "bottom-up" approach that considers the essential role of the entire nervous system, which produces children's feelings and behaviors. When we begin to understand the biology beneath the behavior, suggests Dr. Delahooke, we give our children the resources they need to grow and thrive—and we give ourselves the gift of a happier, more connected relationship with them. *Brain-Body Parenting* empowers parents with tools to help their children develop self-regulation skills while also encouraging parental self-care, which is crucial for parents to have the capacity to provide the essential "co-regulation" children need. When parents shift from trying to secure compliance to supporting connection and balance in the body and mind, they unlock a deeper understanding of their child, encouraging calmer behavior, more harmonious family dynamics, and increased resilience.

Genre: Family & Relationships

Number of Pages: 352

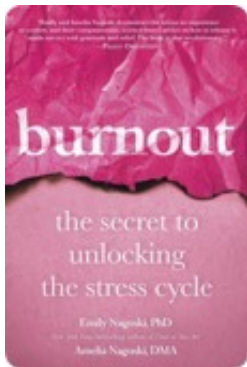
Language: English

ISBN: 9780063061330

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



Burnout

The Secret to Unlocking the Stress Cycle

PhD Emily Nagoski and DMA Amelia Nagoski

Random House Publishing Group (March 26, 2019)



Summary:

NEW YORK TIMES BESTSELLER • “This book is a gift! I’ve been practicing their strategies, and it’s a total game-changer.” —Brené Brown, PhD, author of the #1 New York Times bestseller *Dare to Lead* This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What’s expected of women and what it’s really like to be a woman in today’s world are two very different things—and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has ten diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we’re up against—and show us how to fight back. In these pages you’ll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to manage the “monitor” in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren’t here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of “having it all.” Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT “Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what’s going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing.”—Sarah Knight, New York Times bestselling author of *Calm the F*ck Down*

Genre: Self-Help

Number of Pages: 304

Language: English

ISBN: 9781984817075

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023

JourneysWithPDA.com



Camouflage

The Hidden Lives of Autistic Women

Sarah Bargiela

Jessica Kingsley Publishers (2019)



Summary:

Autism in women and girls is still not widely understood, and is often misrepresented or even overlooked. This graphic novel offers an engaging and accessible insight into the lives and minds of autistic women, using real-life case studies. The charming illustrations lead readers on a visual journey of how women on the spectrum experience everyday life, from metaphors and masking in social situations, to friendships and relationships and the role of special interests. Fun, sensitive and informative, this is a fantastic resource for anyone who wishes to understand how gender affects autism, and how to create safer supportive and more accessible environments for women on the spectrum.

Genre: Comics & graphic novels, nonfiction, general

Number of Pages: 48

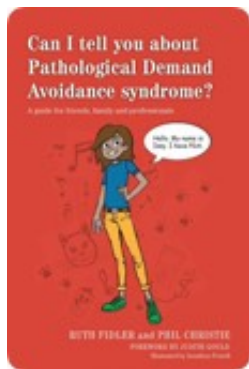
Language: English

ISBN: 9781785925665

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023



♥ Can I tell you about Pathological Demand Avoidance syndrome?

A guide for friends, family and professionals

Ruth Fidler and Phil Christie

Jessica Kingsley Publishers (January 21, 2015)



JourneysWithPDA.com

Summary:

Meet Issy – an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.

Genre: Juvenile Nonfiction

Number of Pages: 56

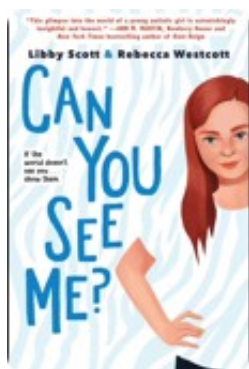
Language: English

ISBN: 9780857009296

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



♥ Can You See Me?

Libby Scott and Rebecca Westcott

Scholastic Inc. (March 3, 2020)



Summary:

A coming-of-age story about learning to celebrate yourself -- and teaching the world to recognize you, too -- perfect for fans of R. J. Palacio's Wonder! "This glimpse into the world of a young autistic girl is astonishingly insightful and honest. Tally's struggles to 'fit in' are heart-wrenching, and her victories are glorious." -- Ann M. Martin, Newbery Honor and New York Times bestselling author of Rain Reign Things Tally is dreading about sixth grade:-- Being in classes without her best friends-- New (scratchy) uniforms-- Hiding her autism Tally isn't ashamed of being autistic -- even if it complicates life sometimes, it's part of who she is. But this is her first year at Kingswood Academy, and her best friend, Layla, is the only one who knows. And while a lot of other people are uncomfortable around Tally, Layla has never been one of them . . . until now. Something is different about sixth grade, and Tally now feels like she has to act "normal." But as Tally hides her true self, she starts to wonder what "normal" means after all and whether fitting in is really what matters most. Inspired by young coauthor Libby Scott's own experiences with autism, this is an honest and moving middle-school story of friends, family, and finding one's place.

Genre: JUVENILE FICTION

Number of Pages: 368

Language: English

ISBN: 9781338608922

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Can't Not Won't

A Story About A Child Who Couldn't Go To School

Eliza Fricker

Jessica Kingsley Publishers (February 21, 2023)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Summary:

Eliza Fricker gets it. Her compelling, hard-hitting and irreverently humorous illustrations follow a family through the early days of school avoidance, the process of accessing support and the challenges of coping in the meantime. Can't Not Won't illuminates the absurdity and frustrations that often arise when dealing with health, social and educational systems, and will help any parent in the same boat feel seen. This guide acts as a way to communicate these difficult circumstances with others. Wonderfully relatable, the book also includes written guidance for parents and professionals on what works best when it comes to managing school avoidance.

Genre: Family & Relationships

Number of Pages: 160

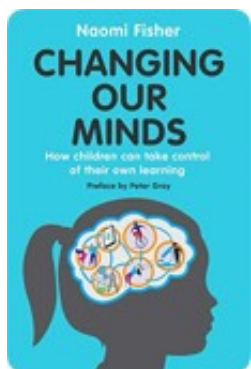
Language: English

ISBN: 9781839975219

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: September 11, 2023



Changing Our Minds

How children can take control of their own learning

Dr. Naomi Fisher

Little, Brown Book Group (February 4, 2021)



Summary:

Children are born full of curiosity, eager to participate in the world. They learn as they live, with enthusiasm and joy. Then we send them to school. We stop them from playing and actively exploring their interests, telling them it's more important to sit still and listen. The result is that for many children, their motivation to learn drops dramatically. The joy of the early years is replaced with apathy and anxiety. This is not inevitable. We are socialised to believe that schooling is synonymous with education, but it's only one approach. Self-directed education puts the child back in control of their learning. This enables children, including those diagnosed with special educational needs, to flourish in their own time and on their own terms. It enables us to put wellbeing at the centre of education. Changing Our Minds brings together research, theory and practice on learning. It includes interviews with influential thinkers in the field of self-directed education and examples from families alongside practical advice. This essential guide will give you an understanding of why self-directed education makes sense, how it works, and what to do to put it into action yourself.

Genre: Education

Number of Pages: 304

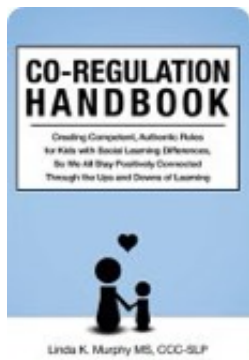
Language: English

ISBN: 9781472145505

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



Co-Regulation Handbook

Creating Competent, Authentic Roles for Kids with Social Learning Differences, So We All Stay Positively Connected Through the Ups and Downs of Learning

Linda K Murphy

Linda K. Murphy (February 25, 2021)



JourneysWithPDA.com

Summary:

Do you know a child who struggles to get started with things or who resists trying something new? Maybe they argue or have trouble joining other kids in conversation and play. Do you hear yourself prompting your child again and again? Do you feel frustrated or stuck, and long for a better way - a more positive way - to engage your child while guiding them toward independence? This book was written for parents, caregivers, professionals and more - to guide you on how to move away from prompting and prodding kids - and toward authentic connections and competent roles. You'll learn how to create a positive learning environment for everyone, and feel empowered as you thoughtfully expand roles and responsibilities."In this book, Ms. Murphy explains co-regulation as a way of being with, doing together, and teaching children with learning challenges. Instead of the adult directing and prompting the child through endless steps of an activity, a common method that can quickly become frustrating for all involved, with a co-regulation approach, the adult sets up activities such that the child has a specific role, one in which they are competent, and through this role the child, from the start, successfully participates in the whole, meaningful activity, and--and perhaps most importantly--participates in harmony together with the adult. More learning comes through creating alterations to the child's role (e.g., swapping roles), or adding complexity to the role or to the activity itself. In this way adults expand children's competence through meaningful participation and from a place of harmonious interaction. Activities included as examples are as disparate as cooking, playing games, and playdates. As in her Declarative Language Handbook, Ms. Murphy presents complex material with clarity and compelling, illustrative examples. This book will be invaluable for parents as well as teachers, and therapists across disciplines."Karen Levine, Ph.D., PsychologistLecturer on Psychiatry, Harvard Medical School"When Declarative Language Handbook came out I recommended the book to my Facebook and YouTube followers, many of whom shared with me how grateful they were for recommending the book to them. I will be doing the same with Co-Regulation Handbook. The brilliance of Linda's writing is her ability to make concepts practical and she provides clear and concise directions regarding how to implement strategies. Linda's voice fills a tremendous need in the ADHD world, which for decades has ignored the incredibly important role language plays in building skills. Like Declarative Language Handbook, I consider this book a necessity for parents of kids with ADHD."Ryan Wexelblatt, LCSW, ADHD-CCSP (ADHD Dude)"This book is a beautifully written guide on how to form a deep, meaningful and impactful partnership with your child. This is important for any child, but when your child experiences the world differently this partnership is invaluable. I have watched my son (and myself!) grow in so many ways since we started practicing co-regulation, and I feel so much more equipped to help him navigate a world that can be confusing and scary to him. In this book Linda will walk you through the process of learning about co-regulation in an easy to read and fun way. This book is a MUST READ, the knowledge in these pages will help transform the child's experience and set the stage to learn and grow together in a positive and meaningful way."Charlie's Mom"Relationship is the key to unlocking true reciprocal communication, intrinsic motivation, and a strong sense of self. Linda Murphy's companion books, Declarative Language Handbook and Co-regulation Handbook, are clear, concise and communicate core principles of person-centered care I find foundational in my work."Sherri Miller MS, CCC-SLP, Founder of Communicating Potential LLC

Number of Pages: 148

Language: English

ISBN: 9781734516227

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: September 4, 2023



♥ Collaborative Approaches to Learning for Pupils with PDA Strategies for Education Professionals

Ruth Fidler and Phil Christie

Jessica Kingsley Publishers (September 21, 2018)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Summary:

Educational environments can present challenges for children with Pathological Demand Avoidance (PDA), who require different strategies than children with a more straightforward presentation of autism, and schools frequently find themselves struggling to meet their complex needs. In this guide PDA experts Ruth Fidler and Phil Christie outline effective strategies for supporting pupils with PDA in education settings. Including a useful overview of PDA, this book outlines the impact of this diagnostic profile on learning, and explains why Collaborative Approaches to Learning is such a successful method for supporting pupils with PDA. It shows how teaching professionals can get started with this approach, with advice for implementing key strategies to overcome common challenges. The book also includes information on creating PDA-friendly learning environments, helping pupils to develop long-term social and emotional resilience. With handy downloadable resources, valuable information on supporting the wellbeing of adults who work with children with PDA, this is an essential resource for teaching and support staff in mainstream and special education schools.

Genre: Psychology

Number of Pages: 176

Language: English

ISBN: 9781784502614

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



♥ Come Over to My House CBCA Notable Book

Eliza Hull and Sally Rippin

Hardie Grant Books (August 1, 2023)



Summary:

Come Over To My House is a delightful picture book that explores the home lives of children and parents who are Deaf or disabled. Co-written by disability advocate Eliza Hull and bestselling author Sally Rippin, the inclusive rhyming text authentically explores the characters' various disabilities. A cast of friendly characters invite friends over for a play - there's fun to be had, food to eat and families to meet! Come over to my house. Come over and play! I'll show you around, you can stay the whole day. We'll swing on the swing-set and splash in the pool. Then I'll race you inside where my bedroom is cool. Featuring a gorgeous die-cut cover, bright illustrations and a diverse cast, this is a must-read for all families. - The perfect book to start a conversation about disability and inclusion with parents, care-givers and children. - Inclusive text normalizes rather than emphasizes the characters' various disabilities. Disabilities are often only shown in the illustrations, not spelt out in the text. This allows the characters' personality to shine brighter than their difference. - The bouncy rhyming text is a joy to read out loud. - Sally Rippin's books have sold over 10m copies globally (across Australia, New Zealand and the US). - The story falls under three Bright Light pillars: bodies, diversity and character.

Genre: JUVENILE FICTION

Number of Pages: 32

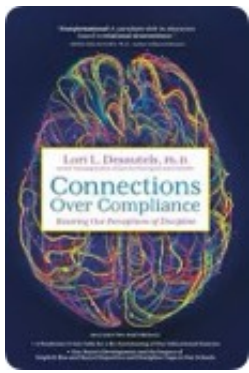
Language: English

ISBN: 9781761212680

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



Connections Over Compliance Rewiring Our Perceptions of Discipline

Lori L. Desautels

Wyatt-MacKenzie Publishing (September 18, 2020)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Summary:

The developing brains of our children need to "feel" safe. Children who carry chronic behavioral challenges are often met with reactive and punitive practices that can potentially reactivate the developing stress response systems. This book deeply addresses the need for co-regulatory and relational touch point practices, shifting student-focused behavior management protocols to adult regulated brain and body states which are brain aligned, preventive, and relational discipline protocols. This new lens for discipline benefits all students by reaching for sustainable behavioral changes through brain state awareness rather than compliance and obedience.

Number of Pages: 312

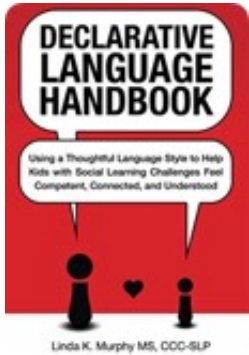
Language: English

ISBN: 9781948018890

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



Declarative Language Handbook Using a Thoughtful Language Style to Help Kids with Social Learning Challenges Feel Competent, Connected, and Understood

Linda K. Murphy

Linda K. Murphy (February 11, 2020)



Summary:

Do you know a child with social learning challenges? Do they struggle to see the big picture, be flexible, take the perspective of others, problem solve in real time, and/or read nonverbal communication? Do they have trouble connecting with others by sharing meaningful memories or making plans for the near and distant future? Is it hard for them to express their emotions calmly using language - often getting upset instead? These skills are needed in every interaction and social opportunity that we have in life, but for a child with social learning challenges, they can seem out of reach. Wouldn't it be great if there was a way that you could support growth in these areas for someone you care about? A method that was woven into everyday interactions and social opportunities? That is what this book is about. It's to help you, the person who cares deeply about someone with social learning challenges, use everyday incidental moments to teach and guide your child's social learning. You might be a therapist or a teacher, or you might be a parent, grandparent, or babysitter. This book was written to help you feel equipped to make a difference, simply by being mindful of your own communication and speaking style. What you say, and how you say it, matters!

Genre: Education

Number of Pages: 119

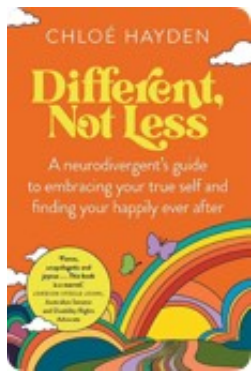
Language: English

ISBN: 9781734516203

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



Different, Not Less

A neurodivergent's guide to embracing your true self and finding your happily ever after

Chloé Hayden

Allen & Unwin (August 30, 2022)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Summary:

An empowering lived-experience guide to celebrating and supporting neurodivergence from 24-year-old actor, social media star and disability advocate Chloé Hayden'Fierce, unapologetic and joyous . . . This book is a marvel.'-Jordon Steele-John, Disability Rights Advocate and Australian Senator Growing up, Chloé Hayden felt like she'd crash-landed on an alien planet where nothing made sense. Eye contact? Small talk? And why are you people so touch-oriented? She moved between 10 schools in 8 years, struggling to become a person she believed society would accept, and was eventually diagnosed with autism and ADHD. When a life-changing group of allies showed her that different did not mean less, she learned to celebrate her true voice and find her happily ever after. This is a moving, at times funny story of how it feels to be neurodivergent as well as a practical guide, with advice for living with meltdowns and shutdowns, tips for finding supportive communities and much more. Whether you're neurodivergent or supporting those who are, 'Different, Not Less' will inspire you to create a more inclusive world where everyone feels like they belong.

Genre: Self-Help

Number of Pages: 288

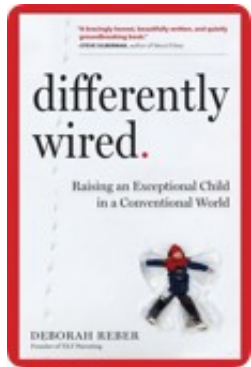
Language: English

ISBN: 9781761185045

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



Differently Wired

Raising an Exceptional Child in a Conventional World

Deborah Reber

Workman Publishing (June 12, 2018)



Summary:

It's time to say NO to trying to fit square-peg kids into round holes, and YES to raising them from a place of acceptance and joy. Today millions of kids are stuck in a world that doesn't embrace who they really are. They are the one in five "differently wired" children with ADHD, dyslexia, giftedness, autism, anxiety, or other neurodifferences, and their challenges are many. And for the parents who love them, the challenges are just as numerous, as they struggle to find the right school, the right support, the right path. But now there's hope. Differently Wired is a revolutionary book—weaving together personal stories and a tool kit of expert advice from author Deborah Reber, it's a how-to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. At the heart of Differently Wired are 18 paradigm-shifting ideas—what the author calls "tilts," which include how to accept and lean in to your role as a parent (#2: Get Out of Isolation and Connect). Deal with the challenges of parenting a differently wired child (#5: Parent from a Place of Possibility Instead of Fear). Support yourself (#11: Let Go of Your Impossible Expectations for Who You "Should" Be as a Parent). And seek community (#18: If It Doesn't Exist, Create It). Taken together, it's a lifesaving program to shift our thinking and actions in a way that not only improves the family dynamic, but also allows children to fully realize their best selves. "In this generous and urgent book, Deborah Reber lets the light in. She helps parents see that they're not alone, and even better, delivers a positive action plan that will change lives."—Seth Godin, author of Linchpin "Differently Wired will help parents of children who think differently to accept their child for who they are and facilitate their successful development."—Temple Grandin, author of Thinking in Pictures and The Autistic Brain

Genre: Family & Relationships

Number of Pages: 256

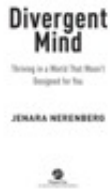
Language: English

ISBN: 9781523503865

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



Divergent Mind

Thriving in a World That Wasn't Designed for You

Jenara Nerenberg

HarperCollins (March 24, 2020)



JourneysWithPDA.com

Summary:

AUDIBLE EDITOR'S PICK A paradigm-shifting study of neurodivergent women—those with ADHD, autism, synesthesia, high sensitivity, and sensory processing disorder—exploring why these traits are overlooked in women and how society benefits from allowing their unique strengths to flourish. As a successful Harvard and Berkeley-educated writer, entrepreneur, and devoted mother, Jenara Nerenberg was shocked to discover that her “symptoms”—only ever labeled as anxiety—were considered autistic and ADHD. Being a journalist, she dove into the research and uncovered neurodiversity—a framework that moves away from pathologizing “abnormal” versus “normal” brains and instead recognizes the vast diversity of our mental makeups. When it comes to women, sensory processing differences are often overlooked, masked, or mistaken for something else entirely. Between a flawed system that focuses on diagnosing younger, male populations, and the fact that girls are conditioned from a young age to blend in and conform to gender expectations, women often don't learn about their neurological differences until they are adults, if at all. As a result, potentially millions live with undiagnosed or misdiagnosed neurodivergences, and the misidentification leads to depression, anxiety, low self-esteem, and shame. Meanwhile, we all miss out on the gifts their neurodivergent minds have to offer. *Divergent Mind* is a long-overdue, much-needed answer for women who have a deep sense that they are “different.” Sharing real stories from women with high sensitivity, ADHD, autism, misophonia, dyslexia, SPD and more, Nerenberg explores how these brain variances present differently in women and dispels widely-held misconceptions (for example, it's not that autistic people lack sensitivity and empathy, they have an overwhelming excess of it). Nerenberg also offers us a path forward, describing practical changes in how we communicate, how we design our surroundings, and how we can better support divergent minds. When we allow our wide variety of brain makeups to flourish, we create a better tomorrow for us all.

Genre: Psychology

Number of Pages: 256

Language: English

ISBN: 9780062876812

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 20, 2023



Do You Know Me?

Libby Scott and Rebecca Westcott

Scholastic Inc. (April 6, 2021)



Summary:

In this sequel to *Can You See Me?*, Libby Scott and Rebecca Westcott return with another heartwarming and eye-opening story of friendship and middle school, inspired by Libby's own experiences of autism. Everyone else in Tally's grade seems excited for their class trip... And she knows she is supposed to be too. Ever since her classmates found out she is autistic, Tally has felt more comfortable being herself. But the end-of-year trip will be an entire week -- her longest overnight trip ever. How will she sleep? What about all the bugs? What will her dog, Rupert, do without her at home? Though she decides she doesn't want to miss out, bad news strikes as soon as she arrives: She isn't bunking with her friend Aleksandra. Instead, she is rooming with her former friends and two girls from a neighboring school -- who both reject Tally on day one. Tally isn't sure she'll ever make new friends. And how will she survive for so long away from home? Told through a mix of prose and diary entries, this authentic and relatable novel is about finding your people, and learning what it takes to be a true friend.

Genre: JUVENILE FICTION

Number of Pages: 320

Language: English

ISBN: 9781338656169

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022

JourneysWithPDA.com



Free to Learn

Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life

Peter Gray

Basic Books (March 5, 2013)



Summary:

A leading expert in childhood development makes the case for why self-directed learning -- "unschooling" -- is the best way to get kids to learn. In *Free to Learn*, developmental psychologist Peter Gray argues that in order to foster children who will thrive in today's constantly changing world, we must entrust them to steer their own learning and development. Drawing on evidence from anthropology, psychology, and history, he demonstrates that free play is the primary means by which children learn to control their lives, solve problems, get along with peers, and become emotionally resilient. A brave, counterintuitive proposal for freeing our children from the shackles of the curiosity-killing institution we call school, *Free to Learn* suggests that it's time to stop asking what's wrong with our children, and start asking what's wrong with the system. It shows how we can act—both as parents and as members of society—to improve children's lives and to promote their happiness and learning.

Genre: Education

Number of Pages: 288

Language: English

ISBN: 9780465037919

Reading Status: Unread

Category: Non-PDA But Supportive

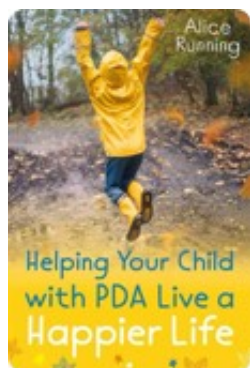
Date Added: September 4, 2023



Helping Your Child with PDA Live a Happier Life

Alice Running

Jessica Kingsley Publishers (September 21, 2021)



Summary:

Drawing on the author's personal experience of parenting a child with PDA, this insightful and informative guide offers strategies and tips for all aspects of daily life, including sensory issues, education and negotiation. Full of advice and support, this book is not intended to provide information on how to change your children. Rather, it is focused on creating the type of environment that will allow children to be authentically themselves, thereby enabling them to flourish and thrive.

Genre: Family & Relationships

Number of Pages: 128

Language: English

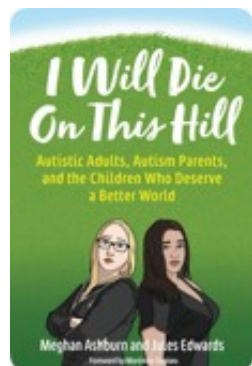
ISBN: 9781787754867

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022

JourneysWithPDA.com



I Will Die On This Hill

Autistic Adults, Autism Parents, and the Children Who Deserve a Better World

Meghan Ashburn and Jules Edwards

Jessica Kingsley Publishers (January 19, 2023)



Summary:

There is a significant divide between autistic advocates and parents of autistic children. Parents may feel attacked for their lack of understanding, and autistic adults who offer insight and guidance are also met with hostility and rejection. Meghan Ashburn, a mother of two autistic boys, and Jules Edwards, an autistic parent, were no strangers to this tension and had an adversarial relationship when they first met. Over time, the two resolved their differences and are now co-conspirators in the pursuit of disability justice. This book unites both perspectives, exploring the rift between these communities and encouraging them to work towards a common goal. It provides context to dividing issues, and the authors use their experience to illustrate where they've messed up, where they've got things right, and what they've learned along the way.

Genre: Family & Relationships

Number of Pages: 256

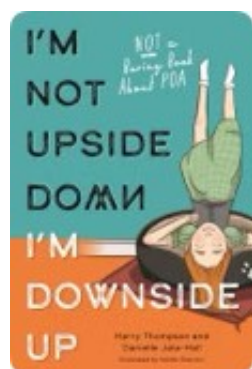
Language: English

ISBN: 9781839971693

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



I'm Not Upside Down, I'm Downside Up

Not a Boring Book About PDA

Danielle Jata-Hall and Harry Thompson

Jessica Kingsley Publishers (April 21, 2022)



Summary:

Welcome to my downside up life! My name is Ariana and I have something called Pathological Demand Avoidance which is a form of autism. Most people just think I'm naughty and misbehaved, but I want to show you why that's not true by telling you about what my life is like from inside my head. Come join me in understanding why I feel like I have to be in control all the time and why it's just not as simple as doing as I am told.

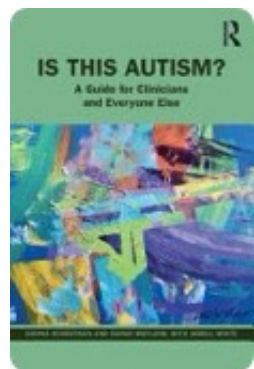
Genre: Family & Relationships

Number of Pages: 64

Language: English

ISBN: 9781839971181

Reading Status: Unread



Is This Autism? A Guide for Clinicians and Everyone Else

Donna Henderson, Jamell White, and Sarah Wayland

Routledge (2023)



JourneysWithPDA.com

Summary:

Though our understanding of autism has greatly expanded, many autistic individuals are still missed or misdiagnosed. This highly accessible book clarifies many ways that autism can present, particularly in people who camouflage to hide their autistic traits. The authors take the reader step by step through the diagnostic criteria, incorporating the latest research as well as quotes from over 100 autistic contributors that bring that research to life. They also describe many aspects of autism that are not included in the current diagnostic criteria, such as autistic strengths and co-occurring disorders. Readers will learn about highly relevant topics, such as different types of empathy, sensory systems that are not well known, neuro-crash and burn out, and relative versus absolute thinking. This book provides a deep, current, and neurodiversity-affirmative understanding of the less obvious presentations of autism. It is relevant to all healthcare professionals, educators, family members, autistic individuals, and anyone who is curious about autism. A clinical companion guide. *Is This Autism? A Companion Guide for Diagnosing*, is available for clinicians who make mental health diagnoses.

Genre: Internal medicine

Number of Pages: 264

Language: English

ISBN: 9781032150222

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



It's a PanDA Thing - A Visit to the World of PDA A Visit to the World of Pathological Demand Avoidance

Rachel Jackson

Changing Things Publishing (May 6, 2019)



Summary:

A follow on in the journey through Autism and Aspergers - this, the third book in Rachel's series - enters a new diagnostic space as she learns about and begins to understand Pathological Demand Avoidance - a new flavour of ASD still disputed, debated and under researched. With a foreword from Harry Thompson (The PDA Paradox) and recommendations and backing from the PDA Society, this is a wonderful resource aimed at building open dialogues between parent/carer and child about the nature of their condition - but it is also a wonderful way to open discussion in classrooms and with peer groups who may be struggling to understand PDA in others.

Genre: JUVENILE FICTION

Number of Pages: 38

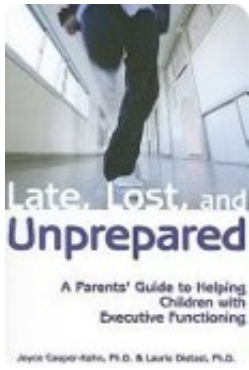
Language: English

ISBN: 9781999676940

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ **Late, Lost and Unprepared**
A Parents' Guide to Helping Children with Executive Functioning

Joyce Cooper-Kahn and Laurie C. Dietzel

Woodbine House (2008)



JourneysWithPDA.com

Summary:

Executive functions are the cognitive skills that help us manage our lives and be successful. Children with weak executive skills, despite their best intentions, often do their homework, but forget to turn it in, wait until the last minute to start a project, lose things, or have a room that looks like a dump! The good news is that parents can do a lot to support and train their children to manage these frustrating and stressful weaknesses. Late, Lost, and Unprepared is a must-have book for parents of children from primary school through high school who struggle with: Impulse Control; Cognitive Flexibility; Initiation; Working Memory; Planning & Organizing; Self-monitoring. Written by clinical psychologists, Late, Lost, and Unprepared emphasizes the need for a two-pronged approach to intervention: 1) helping the child to manage demands in the short run, and 2) building independent skills for long-term self-management. Full of encouragement and practical strategies, the book's organization, short chapters with overviews, summaries, case studies, tips, and definitions, makes it easy to grasp concepts quickly and get started. Part I, What You Need to Know, provides information about: what executive functions are and how weaknesses in these skills affect development; the impact of weak executive function on children's emotional lives, and their families; how professionals assess executive function problems; and associated conditions. Part II discusses What You Can Do About It including how to change behaviour and set reasonable expectations, and offers specific intervention strategies for children of different ages, varying needs, and profiles.

Genre: Executive ability

Number of Pages: 217

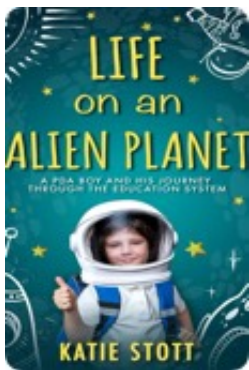
Language: English

ISBN: 9781890627843

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



♥ **Life on an Alien Planet: Pathological Demand Avoidance**
A PDA boy and his journey through the education system

Katie Stott

Katie Stott (September 3, 2019)



Summary:

Katie Stott's vivid and honest account provides a compelling insight into Pathological Demand Avoidance (PDA). The book follows the journey of her son, Fraser and the sudden change that occurred in him when starting primary school, aged just four. Katie recounts the difficulty both she and the school staff had understanding Fraser's extreme behaviours until he was diagnosed with Asperger syndrome and PDA. Full of useful advice and observations, Katie provides a detailed account of the PDA specific behaviours in Fraser and how she learnt to lessen the impact of these by focusing on the cause (anxiety and a need for control), rather than the effect. Katie explains with clarity how Fraser's sensory issues also contributed to his every day challenges at school as he became increasingly isolated from his classmates and faced risk of expulsion when the school became unable to cope. The book goes on to explore Katie's fight to gain recognition of PDA in school and despite significant obstacles, the way she eventually managed to secure an Education, Health and Care Plan (EHCP) and a specialist school so that Fraser could learn, make friends and thrive once again. Packed with advice, it also provides an invaluable reference on how to ensure PDA children get the support they need and the options available to special educational needs (SEN) children who are struggling in the mainstream school environment. A detailed resource for parents and families of children with PDA, along with teachers, SENCO's and those who work alongside children in the education system.

Genre: Psychology

Number of Pages: 188

Language: English

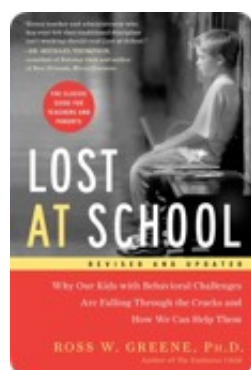
ISBN: 9781686541605

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022

JourneysWithPDA.com



♥ **Lost at School**

Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them

Ross W. Greene

Simon and Schuster (September 30, 2014)



Summary:

From the renowned authority on education and parenting, “an in-depth approach to aid parents and teachers to work together with behaviorally challenging students” (Publishers Weekly)—now revised and updated. School discipline is broken. Too often, the kids who need our help the most are viewed as disrespectful, out of control, and beyond help, and are often the recipients of our most ineffective, most punitive interventions. These students—and their parents, teachers, and administrators—are frustrated and desperate for answers. Dr. Ross W. Greene, author of the acclaimed book *The Explosive Child*, offers educators and parents a different framework for understanding challenging behavior. Dr. Greene’s Collaborative & Proactive Solutions (CPS) approach helps adults focus on the true factors contributing to challenging classroom behaviors, empowering educators to address these factors and create helping relationships with their most at-risk kids. This revised and updated edition of *Lost at School* contains the latest refinements to Dr. Greene’s CPS model, including enhanced methods for solving problems collaboratively, improving communication, and building relationships with kids. Dr. Greene’s lively, compelling narrative includes:

- Tools to identify the problems and lagging skills causing challenging behavior
- Explicit guidance on how to radically improve interactions with challenging kids and reduce challenging episodes—along with many examples showing how it’s done
- Practical guidance for successful planning and collaboration among educators, parents, and kids

Backed by years of experience and research and written with a powerful sense of hope and achievable change, *Lost at School* gives teachers and parents the realistic strategies and information to impact the classroom experience of every challenging kid (and their classmates).

Genre: Education

Number of Pages: 336

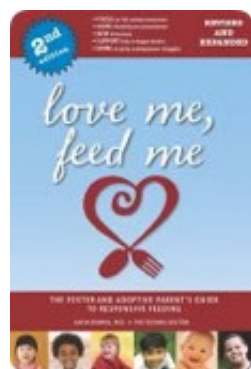
Language: English

ISBN: 9781501101496

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



♥ **Love Me, Feed Me**

The Foster and Adoptive Parent's Guide to Responsive Feeding

M D Katja Rowell

Amazon Digital Services LLC - Kdp (January 4, 2023)



Summary:

This relationship-building, practical guide will help caregivers bring peace back to mealtimes and help children do their best with eating. End the worries and battles over food. Grounded in science and brought to life through the words of parents who have been there, Dr. Rowell will help you understand feeding challenges and offer tools to address: picky eating, food preoccupation, avoidant eating, weight concerns, feeding children with sensory and brain-based differences. Felt safety and connection is key. With a focus on felt safety and connection, this book offers caregivers practical solutions and a foundation of understanding to help you discover what works for your family.

Number of Pages: 414

Language: English

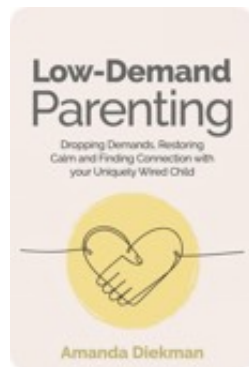
ISBN: 9798372578128

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023

JourneysWithPDA.com



Low-Demand Parenting **Dropping Demands, Restoring Calm, and Finding Connection with your Uniquely Wired Child**

Amanda Diekman

Jessica Kingsley Publishers (July 21, 2023)



Summary:

"Low-demand parenting requires radical acceptance. It says to the kid right in front of you, I see you, just as you are. - You are ok here. I love you right here." Parent to neurodivergent children and autistic adult, Amanda Diekman, outlines a parenting approach that finally lowers the bar for the whole family, enabling the equilibrium of the home to be restored. Low-demand parenting allows you to drop the demands and expectations that are making family life impossible and embrace the joyful freedom of living life with low demands. It can be a particularly effective approach for children with high anxiety levels including neurodivergent children. Amanda talks from experience and teaches you how to identify what the big, tiny and invisible demands are for your own child and gives you the step-by-step instructions on how to drop them. Full of practical resources and scripts that are easy to implement in busy everyday life, this book is your flashlight and your map to parenting your uniquely wired child. It will not tell you where to go, but it will help you find your way so you and your family thrive.

Genre: Family & Relationships

Number of Pages: 112

Language: English

ISBN: 9781839977695

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: September 4, 2023



Me and My PDA **A Guide to Pathological Demand Avoidance for Young People**

Glòria Durà-Vilà and Tamar Levi

Jessica Kingsley Publishers (November 21, 2018)



Summary:

This beautifully illustrated guide helps young people with Pathological Demand Avoidance (PDA) to understand their diagnosis, develop self-awareness and implement their own personalised problem-solving strategies. Written in consultation with young people with PDA and their families, this book recognises the importance of handing control back to the young person, and that there is no one-size-fits-all PDA profile. Readers are encouraged to engage throughout with interactive writing, doodling and checklist exercises to explore their own particular characteristics, strengths and challenges. Me and My PDA is sensitively tailored to the needs and experiences of young people (aged 10+) with PDA. The guide is designed to grow with the reader, and can be used for many years as the young person develops and changes - making it invaluable to PDA-diagnosed individuals and their families.

Genre: Juvenile Nonfiction

JourneysWithPDA.com

Number of Pages: 144

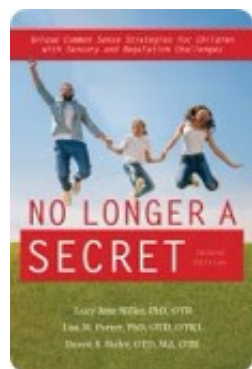
Language: English

ISBN: 9781784508494

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



No Longer a Secret, 2nd Edition

Unique Common Sense Strategies for Children with Sensory and Regulation Challenges

Lucy Jane Miller, Doreit S. Bialer, and Lisa M. Porter

Future Horizons, Incorporated (June 30, 2021)



Summary:

Parents and teachers often struggle with the advice given by occupational therapists regarding support for children with Sensory Processing Disorder (SPD). What makes this book unique is the exploration of secrets that professionals sometimes hold close. This book helps us see the big picture: A child's strengths, sensory differences, the family's role, and ways to support children in any context. The authors illuminate the complexities of choosing appropriate strategies and offer a framework to make creating a sensory lifestyle manageable. This invaluable resource, updated and in a new edition, provides cost-effective, functional, and on-the-spot problem-solving tips to use at home, at school, or in a community setting with children with sensory issues. Any parent, teacher, or therapist can learn the common-sense strategies in this book to help a child with sensory or motor skill issues.

Genre: Family & Relationships

Number of Pages: 238

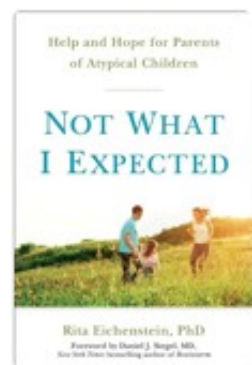
Language: English

ISBN: 9781949177688

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



Not What I Expected

Help and Hope for Parents of Atypical Children

Rita Eichenstein PhD

Penguin (April 7, 2015)



Summary:

Finalist for a Books for a Better Life Award A pediatric neuropsychologist presents strategies to help parents of special-needs children navigate the emotional challenges they face. As diagnosis rates continue to rise for autism, ADHD, learning disabilities, and other developmental differences, parents face a maze of medical, psychological, and educational choices – and a great deal of emotional stress. Many books address children’s learning or behavior problems and advise parents what they can do to help their kids, but until *Not What I Expected: Help and Hope for Parents of Atypical Children* there were no books that explain what the parents are going through - and how they can cope with their own emotional upheaval – for their own sake, and for the wellbeing of the whole family. With compassion, clarity, and an emphasis on practical solutions, Dr. Rita Eichenstein's *Not What I Expected: Help and Hope for Parents of Atypical Children* walks readers through the five stages of acceptance (similar to the stages of grief, but modified for parents of special-needs kids). Using vivid anecdotes and suggestions, she helps readers understand their own emotional experience, nurture themselves in addition to their kids, identify and address relationship wounds including tension in a marriage and struggles with children (special-needs and neurotypical), and embrace their child with acceptance, compassion and joy.

Genre: Family & Relationships

Number of Pages: 272

Language: English

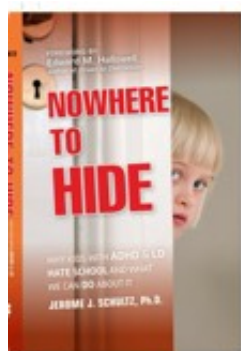
ISBN: 9780698169753

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023

JourneysWithPDA.com



Nowhere to Hide

Why Kids with ADHD and LD Hate School and What We Can Do About It

Jerome J. Schultz

John Wiley & Sons (June 24, 2011)



Summary:

A new approach to help kids with ADHD and LD succeed in and outside the classroom This groundbreaking book addresses the consequences of the unabated stress associated with Learning disabilities and ADHD and the toxic, deleterious impact of this stress on kids' academic learning, social skills, behavior, and efficient brain functioning. Schultz draws upon three decades of work as a neuropsychologist, teacher educator, and school consultant to address this gap. This book can help change the way parents and teachers think about why kids with LD and ADHD find school and homework so toxic. It will also offer an abundant supply of practical, understandable strategies that have been shown to reduce stress at school and at home. Offers a new way to look at why kids with ADHD/LD struggle at school Provides effective strategies to reduce stress in kids with ADHD and LD Includes helpful rating scales, checklists, and printable charts to use at school and home This important resource is written by a faculty member of Harvard Medical School in the Department of Psychiatry and former classroom teacher.

Genre: Education

Number of Pages: 336

Language: English

ISBN: 9781118091739

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



♥ Pathological Demand Avoidance Explained

Sally Cat

Independently Published (August 10, 2020)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Summary:

Do you avoid things you want to do? Or resist every day demands like tooth brushing, that seem small to other people? Do you make sure no one sees how anxious you are? It might be PDA. What is PDA? What does it feel like? What does it involve? PDA stands for 'pathological demand avoidance'. It describes a neurotype (type of brain) which is classed as part of the autism spectrum. There's more to PDA than avoiding things. This book describes what PDA is using simple words and pictures. Author and illustrator Sally Cat is an adult PDA author, artist and blogger. She has posted hundreds of graphic memes describing PDA on her popular Facebook page. This book uses the same format to communicate the lived experience of the condition in an easy to understand way via 75 memes. The topics covered are PDA avoidance, control-need, anxiety, intolerance of uncertainty, social mimicry & masking, emotions, overload, meltdown & shutdown, school and adult life. Royalties for the book are donated directly to PDA Society.

Number of Pages: 84

Language: English

ISBN: 9798674063728

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



♥ Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty

Jane Alison Sherwin

Jessica Kingsley Publishers (January 21, 2015)



Summary:

Jane Alison Sherwin's honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance (PDA). After years of misdiagnosis, Jane's daughter, Mollie, was diagnosed with PDA at the age of seven, and we follow her experiences pre and post diagnosis to age 10 as she attends school, interacts with the outside world and approaches adolescence. Throughout, Jane provides commentary on her daughter's behaviour and the impact it has on her family, explaining the 'why' of PDA traits, including the need for control, meltdowns, obsessive behaviour and sensory issues. She reveals the strategies that have worked for Mollie and provides essential advice and information on obtaining a diagnosis and raising awareness of PDA. The book also includes an interview with Mollie. Full of advice and support, and with a focus on understanding the child and how he or she sees the world, this book will be of immeasurable value to the parents and families of children with PDA as well as the professionals working with them, particularly teachers and teaching assistants, SEN co-ordinators, psychologists, outreach workers and social workers.

Genre: Family & Relationships

Number of Pages: 328

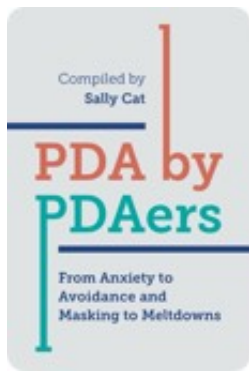
Language: English

ISBN: 9781784500856

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



PDA by PDAers

From Anxiety to Avoidance and Masking to Meltdowns

Sally Cat

Jessica Kingsley Publishers (May 21, 2018)



JourneysWithPDA.com

Summary:

"To think of PDA as merely involving demand avoidance is to me akin to thinking of tigers as merely having stripes." This book is a unique window into adult Pathological Demand Avoidance (PDA), exploring the diversity of distinct PDA traits through the voices of over 70 people living with and affected by the condition. Sally Cat, an adult with PDA, has successfully captured the essence of a popular online support group in book form, making the valuable insights available to a wider audience, and creating a much-needed resource for individuals and professionals. Candid discussions cover issues ranging from overload and meltdowns, to work, relationships and parenting. This is a fascinating and sometimes very moving read.

Genre: Psychology

Number of Pages: 352

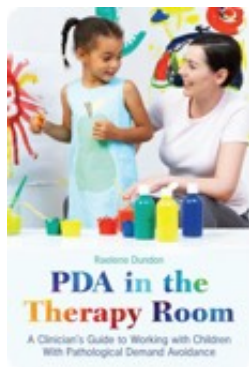
Language: English

ISBN: 9781784509347

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



PDA in the Therapy Room

A Clinician's Guide to Working with Children with Pathological Demand Avoidance

Raelene Dundon

Jessica Kingsley Publishers (February 18, 2021)



Summary:

Pathological Demand Avoidance (PDA) presents a unique challenge for professionals, whereby conventional therapy methods are often perceived as demands and met with opposition where they normally would have proven effective. This guide sets out the most effective strategies for clinicians to provide the best care for children with PDA, adapting conventional modes of therapy to suit their needs. Methods include indirect techniques such as play-based therapy or trauma-informed approaches enabling the child to process their experiences on their own terms. With additional guidance for supporting the families of patients and addressing common obstacles, this book provides understanding and guidance for professionals making a difference to the lives of children with PDA.

Genre: Psychology

Number of Pages: 176

Language: English

ISBN: 9781787753488

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022

Poppy and the Overactive Amygdala

Created by Holly Provan and Erin Provan



♥ Poppy and the Overactive Amygdala

Holly Provan

Independently Published (December 6, 2019)



JourneysWithPDA.com

Summary:

Many kids suffer from an overactive "Fight or Flight" response, which can affect them in all areas of their lives. Follow Poppy as she explains some of her struggles with anxiety, anger, and friendships as a kid with an overactive amygdala. This book was created to help build understanding and empathy for children with a wide range of mental health challenges. This type of behavior can be seen in many children, including but not limited to those kids with DMDD, ADHD, ODD, Anxiety, Bipolar disorder, PANS/PANDAS, RAD, Autism disorders, PTSD, IED, and Conduct disorder, among others. While many of the children struggle with comprehension of their disorder, they all have one important factor in common. They did not choose this. As adults, we have a responsibility to build understanding, encourage empathy, and continue to grow our own set of skills and knowledge in order to best serve our most vulnerable population: Children.

Number of Pages: 32

Language: English

ISBN: 9781672102100

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ Pretty Darn Awesome

Divergent No Deficient: Understanding Pathological Demand Avoidance On The Autism Spectrum

Lauren O'Grady



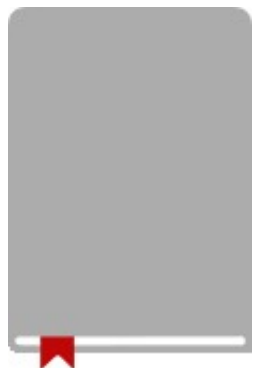
Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022

Notes:

'Pretty Darn Awesome' is a story about a little boy with Pathological Demand Avoidance - a not so well known profile of the autistic spectrum. It looks at his daily struggles but more importantly his amazing strengths. A useful introduction to PDA and a way to share it and explain it positively to children, siblings, family members, teachers and classmates.



♥ Pretty Darn Awesome

Divergent Not Deficient : Understanding Pathological Demand Avoidance on the Autism Spectrum

Lauren O'Grady



Date Published: 2020

Genre: Autism

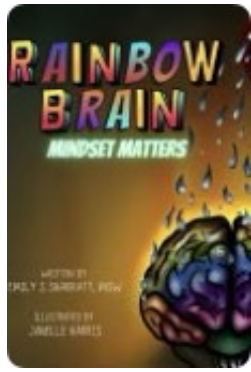
Language: English

ISBN: 9798557596626

Reading Status: Unread

Category: PDA Kid's Books

Date Added: September 11, 2023



♥ **Rainbow Brain**
Mindset Matters

Emily Sharratt

Rainbow Brain, LLC (November 1, 2021)



JourneysWithPDA.com

Summary:

Worry and self-doubt are washed away in this whimsical rhyming book for children, "Rainbow Brain: Mindset Matters." Written by a Master's-Level Social Worker and Certified K-12 School Counselor, this social story takes the reader on a journey through the universe to seek out the ultimate superpower - the Rainbow Brain. The reader learns how healthy self-talk, critical thinking strategies, and stress management techniques can be used to cope with challenges and grow from them. The affirming language and full-page illustrations convey hope and perseverance to the young, while the sophistication of the text can be appreciated by classroom teachers, counselors, and parents alike seeking to inspire a growth mindset in those dearest to them. The reflection questions included after the story ensure that readers not only read a great story, but also walk away with a deeper understanding of themselves.

Language: English

ISBN: 9781737488903

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ **Raising Kids with Big, Baffling Behaviors**
Brain-Body-Sensory Strategies That Really Work

Robyn Gobbel

Jessica Kingsley Publishers (September 21, 2023)



Summary:

"All behavior makes sense" "It most certainly does not!", is probably your first reaction. Parenting and neuroscience expert Robyn Gobbel is here to reveal how all behavior, no matter how baffling, can be explained and remedied. You just need to look past the behavior and understand what's going on inside. Robyn decodes the latest brain science into easy-to-understand principles and metaphors to help you become an expert in your child's behavior. She reveals simple ways to help you regulate and connect with your child, with brain-, body- and sensory-based strategies to overcome day-to-day challenges. She also provides you with the knowledge to understand and regulate your own brain so that you don't flip your lid when your child flips theirs. Let this be your lifeline for parenting or caring for any child with baffling behaviors and hidden challenges, including kids who have experienced adversity, or with additional needs.

Number of Pages: 272

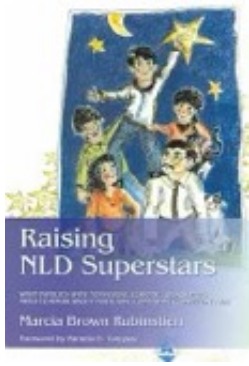
Language: English

ISBN: 9781839974281

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



Raising NLD Superstars

What Families with Nonverbal Learning Disorders Need to Know about Nurturing Confident, Competent Kids

Marcia Brown Rubinstien

Jessica Kingsley (January 1, 2005)



JourneysWithPDA.com

Summary:

Raising NLD Superstars is essential reading for all those who come in to contact with children with non-verbal learning disorders (NLD). Instead of insisting upon the one size fits all model of intervention the author focuses on the individual nature of NLD children and offers practical, adaptable advice that will help them find their place both in the family and in wider social groups. The author shares her experiences of life as the parent of a child with NLD with humanity and humor. She looks not only at day to day practicalities such as making meal times easier for all the family and reaching compromises on inappropriate clothing choices but also at the long-term plan for independence. The book will help parents and carers to support children with NLD to reach their emotional and cognitive potential while taking into account the views and experiences of other family members.

Genre: Education

Number of Pages: 224

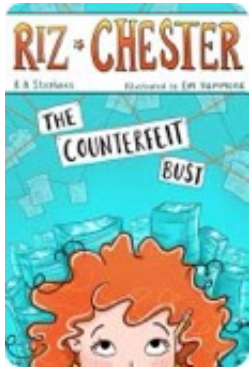
Language: English

ISBN: 9781843107705

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023



Riz Chester: The Counterfeit Bust

R. A. Stephens

Wombat Books (May 1, 2023)



Summary:

Riz Chester is an average 11-year-old girl. She doesn't think she can do anything special but Riz is particularly observant. She notices when her friends haven't brushed their hair or ironed their clothes. She also notices when money doesn't feel quite right. One day she accidentally shows her unexpected skill in front of a local police officer. When she finds out about a counterfeiting ring, can she use her powers of observation to work out who is behind it? Will her they even believe her?

Genre: JUVENILE FICTION

Number of Pages: 90

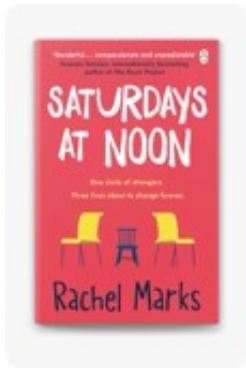
Language: English

ISBN: 9781761111181

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



Saturdays at Noon

An uplifting, emotional and unpredictable page-turner to make you smile

Rachel Marks

Penguin UK (February 6, 2020)



JourneysWithPDA.com

Summary:

Discover the emotionally gripping and uplifting page-turner that will put a smile on your face! Heart-breaking and full of hope! WOMAN & HOME 'Wonderful, compassionate, unpredictable' GRAEME SIMSION, author of THE ROSIE PROJECT 'I genuinely couldn't recommend Saturdays At Noon enough' 5***** READER REVIEW _____ EMILY JUST WANTS TO KEEP THE WORLD AWAY. After getting into trouble yet again, she's agreed to attend anger management classes. But she refuses to share her deepest secrets with a room full of strangers. JAKE JUST WANTS TO KEEP HIS FAMILY TOGETHER. He'll do anything to save his marriage and bond with his six-year-old son, Alfie. But when he's paired with spiky Emily, he wonders whether opening up will do more harm than good. The two of them couldn't be more different. Yet when Alfie, who never likes strangers, meets Emily, something extraordinary happens. COULD ONE SMALL BOY CHANGE EVERYTHING? _____ 'Totally loveable and completely unforgettable' CLAIRE POOLEY 'I loved this book' KATIE FFORDER Readers LOVE Saturdays at Noon . . . 'Such a special book . . . the characters jump off the page and pull you immediately into their world' 5***** Reader Review 'This book was FANTASTIC. When I wasn't reading it I couldn't stop thinking about it' 5***** Reader Review 'Outstanding. I have goosebumps typing this review . . . The story telling is the best I have read in a long time' 5***** Reader Review Longlisted for the Guardian's 'Not The Booker' prize!

Genre: Fiction

Number of Pages: 432

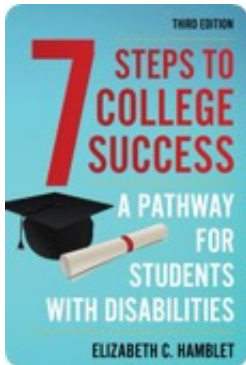
Language: English

ISBN: 9781405940085

Reading Status: Unread

Category: PDA Fiction

Date Added: March 11, 2022



Seven Steps to College Success

A Pathway for Students with Disabilities

Elizabeth C. Hamblet

Rowman & Littlefield (March 8, 2023)



Summary:

"Just when I've mastered the IEP process, here comes college." If you're a parent of a student with a disability who has an IEP or 504 or you're a professional who works with them, you probably know the K-12 landscape well. But you may have questions about what happens for these students when they get to college, where the shifts in prevailing laws result in a disability accommodation system that works differently, the academic demands increase, and some of the supports students have used in high school won't be available. The good news is that research shows that the proper preparation can help students make a smooth college transition! But the planning needs to be rooted in a thorough understanding of the changes they'll encounter in the college environment. In this essential guide, college learning disabilities specialist Elizabeth C. Hamblet builds a foundation of knowledge step-by-step and answers your urgent questions. In 7 Steps to College Success, you'll learn how: · students access accommodations, and which ones commonly are and aren't approved · parents and professionals can help students develop the key personal and academic skills needed for self-management at college · students can find colleges that are a good fit in all of the important ways and what admissions directors want them to know about the application process This third edition has been greatly revised to make it equally helpful to parents and professionals. It includes updated research and interviews, and new in this edition is corrections to common myths readers may have heard.

Genre: Education

Number of Pages: 226

Language: English

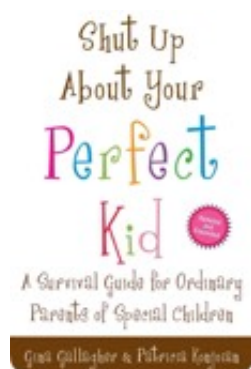
ISBN: 9781475864458

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023

JourneysWithPDA.com



Shut Up About Your Perfect Kid **A Survival Guide for Ordinary Parents of Special Children**

Gina Gallagher and Patricia Konjoian

Harmony/Rodale (August 3, 2010)



Summary:

AUTHORS' DISCLAIMER:We are not in any way experts on parenting children with disabilities. Our goal is simply to share strategies that have worked for each of us in the event it may help those in a similar situation. If you're different from us (i.e., you are bright or of the perfect persuasion), we advise you not to try the following at home. On a "perfection-preoccupied planet," sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger's syndrome, the other with bipolar disorder). This refreshingly frank book, which will alternately make you want to tear your hair out and laugh your head off, should be required reading for parents of disabled children. Shut Up About Your Perfect Kid provides wise and funny advice about how to:

- Find a support group—either online or in your community
- Ensure that your child gets the right in-school support
- Deal with people—be they friends, family members, or strangers—who say or do insensitive things to you or your child
- Find fun, safe, and inclusive extracurricular activities for your child
- Battle your own grief and seek professional help if you need it
- Keep the rest of the family intact in moments of crisis

Genre: Family & Relationships

Number of Pages: 288

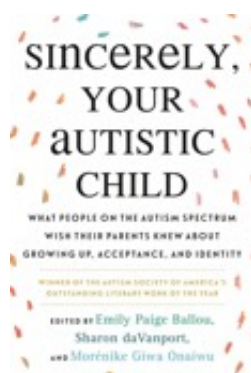
Language: English

ISBN: 9780307587480

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 11, 2023



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

Autistic Women and Nonbinary Network

Beacon Press (March 30, 2021)



Summary:

A diverse collection of autistic voices that highlights how parents can avoid common mistakes and misconceptions, and make their child feel truly accepted, valued, and celebrated for who they are. Most resources available for parents come from psychologists, educators, and doctors, offering parents a narrow and technical approach to autism. Sincerely, Your Autistic Child represents an authentic resource for parents written by autistic people themselves. From childhood and education to culture, gender identity, and sexuality, this anthology tackles the everyday joys and challenges of growing up while honestly addressing the emotional needs, sensitivity, and vibrancy of autistic kids, youth, and young adults. Contributors reflect on what they have learned while growing up on the autism spectrum and how parents can avoid common mistakes and overcome challenges while raising their child. Part memoir, part guide, and part love letter, Sincerely, Your Autistic Child is an indispensable collection that invites parents and allies into the unique and often unheard experiences of autistic children and teens.

Genre: Family & Relationships

Number of Pages: 224

Language: English

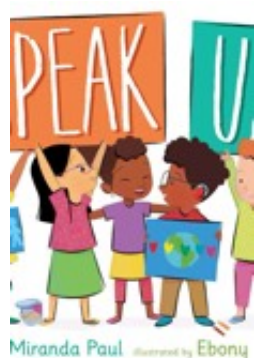
ISBN: 9780807025680

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023

JourneysWithPDA.com



♥ **Speak Up**

Miranda Paul

Houghton Mifflin Harcourt (2020)



Summary:

When something really matters, one voice can make a difference. This spirited, vibrant picture book celebrates diversity and encourages kids to speak up, unite with others, and take action when they see something that needs to be fixed. Join a diverse group of kids on a busy school day as they discover so many different ways to speak up and make their voices heard! From shouting out gratitude for a special treat to challenging a rule that isn't fair, these young students show that simple, everyday actions can help people and make the world a better place.

Genre: JUVENILE FICTION

Number of Pages: 40

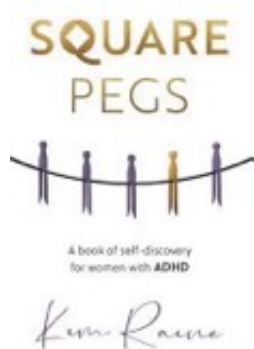
Language: English

ISBN: 9780358140962

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ **Square Pegs**

Kim Raine

Authors & Company (September 25, 2022)



Summary:

Square Pegs is a book for women, diagnosed or not, ready to lean into their late ADHD diagnosis and understand how it has shaped their confidence and self-belief after a lifetime of trying to keep up and fit in. Kim looks at how ADHD affects women differently and unravels the stories and beliefs a lifetime of undiagnosed ADHD, judgement, and self-criticism creates. Were you told you needed to try harder as a child? Have you spent a lifetime feeling like you never do, are or have enough? Are you going around in circles, bouncing from hyper-focus to burnout? Does the fear of rejection, criticism or judgement hold you back? Do you struggle to regulate your emotions? Have you been labelled lazy, unmotivated, disorganised, clumsy, messy, greedy, anxious, depressed, hyper, reckless, impulsive, overemotional, sensitive or fiery by yourself or others? If so, then Square Pegs is the book to show you how to love your creative, ingenious, super-fast brain, tap into its powers, and find the peace you deserve.

Genre: Psychology

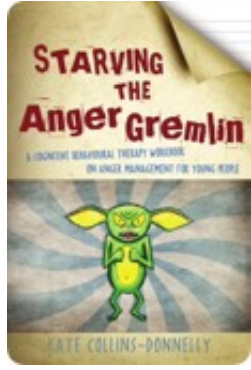
Number of Pages: 212

Language: English

ISBN: 9781913728892

Reading Status: Unread

Category: Non-PDA But Supportive



Starving the Anger Gremlin

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

Kate Collins-Donnelly

JourneysWithPDA.com

Jessica Kingsley Publishers (January 1, 2012)



Summary:

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours, and make him disappear. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+. Starving the Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

Genre: Psychology

Number of Pages: 86

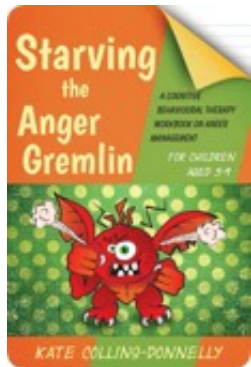
Language: English

ISBN: 9781849052863

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Starving the Anger Gremlin for Children Aged 5-9

A Cognitive Behavioural Therapy Workbook on Anger Management

Kate Collins-Donnelly

Jessica Kingsley Publishers (August 21, 2014)



Summary:

Help children to understand and manage their anger with this fun and imaginative workbook. The Anger Gremlin is a naughty creature and his favourite food is your anger! The more anger you feed him, the bigger and bigger he gets and the angrier and angrier you feel! How can you stop this? Starve the Anger Gremlin of angry thoughts, feelings and behaviours, and watch him disappear! Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and colouring, drawing and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.

Genre: Psychology

Number of Pages: 176

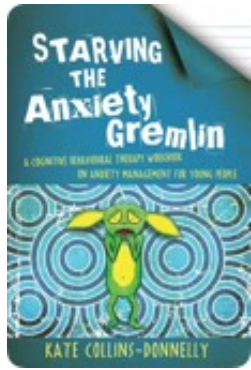
Language: English

ISBN: 9780857008855

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Starving the Anxiety Gremlin

A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

Kate Collins-Donnelly

Jessica Kingsley Publishers (January 15, 2013)



JourneysWithPDA.com

Summary:

Children's Choice Winner at the School Library Association's Information Book Awards 2014 The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers.

Genre: Psychology

Number of Pages: 168

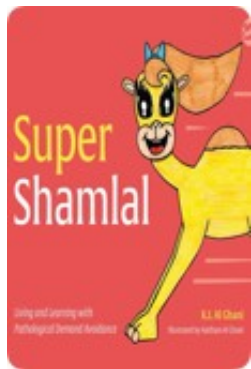
Language: English

ISBN: 9780857006738

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Super Shamlal - Living and Learning with Pathological Demand Avoidance

Kay Al-Ghani

Jessica Kingsley Publishers (October 21, 2019)



Summary:

Shamlal the Camel finds it almost impossible to do all the normal, everyday things that the other camels do. Her first word was 'NO!' and this is still the word she repeats the most through every day. Luckily, Shamlal's parents take her to a psychologist who explains that she has PDA, and gives her tips for how to live and learn with the syndrome. This simple, illustrated storybook will help children aged 7-11 with PDA to recognise its features, and develop tools to support them. A helpful introduction for parents and carers explains how it feels to live with the panic attacks and general anxiety that are caused by living with PDA, and the appendices at the back provide useful strategies to be adopted at school and at home.

Genre: JUVENILE FICTION

Number of Pages: 72

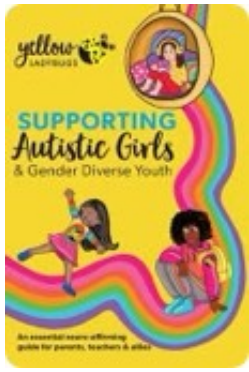
Language: English

ISBN: 9781787750555

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ Supporting Autistic Girls & Gender Diverse Youth

Yellow Ladybugs

Green Hill Publishing (April 20, 2023)



JourneysWithPDA.com

Summary:

Want to know how to better support autistic girls and gender diverse youth? This is an authentic resource for parents, teachers and allied health professionals inspired from and written by autistic women and gender diverse individuals. You will be given the inside scoop, through their intimate knowledge, recollections and advice from growing up autistic. This book masterfully blends what you must know, what you need to know, and what you should know, all while gently walking you down the path towards a more neuro-affirming and inclusive approach to home and school life. You will close the book with a better understanding of autistic identity and culture and how you can help shape a better future for the ladybug in your life.

Number of Pages: 322

Language: English

ISBN: 9781922957351

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ Suzie Goes to the Hairdresser

Charlotte Olson

CHOIR Press (November 1, 2014)



Summary:

Suzie is having her hair cut and she is feeling a little worried today. Why not come with Suzie and see how easy and fun having a haircut can be. So open the door to Snips 44, you won't feel scared anymore.

Genre: JUVENILE FICTION

Number of Pages: 26

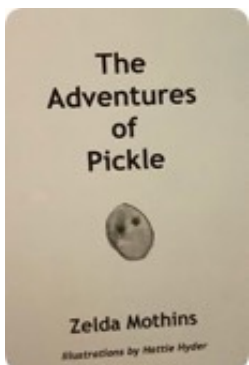
Language: English

ISBN: 9781909300798

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ The Adventures Of Pickle

Zelda Mothins



Genre: JUVENILE FICTION

Reading Status: Unread
Category: PDA Kid's Books
Date Added: March 11, 2022

Notes:
To most people, a pebble on the beach is just that – a pebble.

For a little girl with Pathological Demand Avoidance, it's much more and a very special bond is formed. To help with her anxiety, the little girl chooses Pickle the pebble to accompany her through all that life throws at her, becoming her soothing sensory friend.

Light-hearted and sometimes emotional, this book is based on a true story. The Adventures of Pickle explores the roller-coaster ride that the whole family (including the little black dog!) goes through when faced with this little-understood part of the Autism Spectrum.



♥ **The Adventures of Stretch More**
Pick-Your-Path Stories for Solving Problems Together

Trina Epstein and Ross Greene

Woodbine House (2014)



Summary:

Ages 8 to 13 years. This book features three pick-your-path stories about Stretch More, a rubber-band character who loves video games and skateboarding, but also has behaviour issues that frequently get him in trouble. Stretch is very inflexible! If you know a child like Stretch -- one who has difficulty adapting to changes, handling frustrations, and problem solving -- then this book can help! At key decision points in each story when Stretch could choose to be flexible or not, readers take control and decide how Stretch reacts, then turn the page to see the consequences of his behaviour. This is the first children's book to demonstrate Collaborative & Proactive Solutions (CPS), a therapy method that presumes kids act poorly because they lack the skills to deal with challenging situations. Together parents and children learn how to defuse the tension and build a more supportive approach to improving behaviour. A perfect book for children aged 8 to 13 years who have ADHD, Tourettes, OCD, or Asperger's that also includes an information section for parents.

Genre: JUVENILE FICTION

Number of Pages: 132

Language: English

ISBN: 9781606132012

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ **The Brave Art of Motherhood**
Fight Fear, Gain Confidence, and Find Yourself Again

Rachel Marie Martin

Crown Publishing Group (2018)



Summary:

Full-time FindingJoy.net blogger, speaker, marketer, podcaster, and single mom of seven, Rachel Marie Martin presents a rallying cry to anyone who believes the lie that she is "just a mom." Over the years, you willingly pour everything you have into your family, but in the process, you lose the essence of who you are. In her characteristic raw and visceral style, Rachel teaches you how to rewrite the pages of your story, follow your passion, and discover the beauty of who you are. Drawing on lessons from her own incredible journey--together with insight from conversations with thousands of other women--Rachel encourages moms to break cycles, take off masks, and prevent fear from taking control. She balances her "no excuses" approach with breathing room and grace for those messy moments in life and mothering. Rachel reminds you there is always a reason to hope, to move forward, and to dare the impossible. You can make changes. You can pursue dreams, find yourself, and live a life of deep happiness and boundless joy. Stop waiting for "someday." Take hold of the moment, and say yes to your dreams.

Genre: Family & Relationships

Number of Pages: 207

Language: English

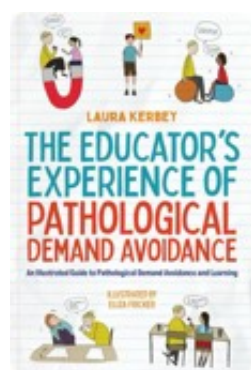
ISBN: 9780735291393

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022

JourneysWithPDA.com



♥ **The Educator's Experience of Pathological Demand Avoidance**

An Illustrated Guide to Pathological Demand Avoidance and Learning

Laura Kerbey

Jessica Kingsley Publishers (April 21, 2023)



Summary:

I realised EVERYTHING I was doing was wrong. I needed to learn. I needed to change. During Laura Kerbey's time teaching autistic children, she had a sudden realisation that those with Pathological Demand Avoidance (PDA) are children like no other! None of her tried and tested autism strategies would work to help them focus or learn and most of her time was spent wondering, what am I doing wrong? If you feel the same, this short, easy-to-read guide is here to teach you everything you need to know from one educator to another. With an introduction to what PDA is followed by PDA tailored advice on how to connect with your student and create an autonomous, spontaneous environment that is personalised for you both, this guide is here to ensure that you and your PDA student thrive! Illustrated by the popular Eliza Fricker and packed with entertaining anecdotes (including one about Jabba the Hut's poo), this go-to-guide contains everything you need to start implementing PDA friendly learning to help you connect with your student and help them make the most of their learning experience.

Genre: Education

Number of Pages: 128

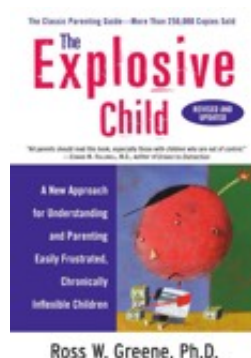
Language: English

ISBN: 9781839976988

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: September 4, 2023



♥ **The Explosive Child**

A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

Ross W. Greene

Harper Collins (2005)



Summary:

A groundbreaking approach to understanding and parenting children who frequently exhibit severe fits of temper and other intractable behaviours, from a distinguished clinician and pioneer in this field, now updated to include the most recent research. Almost everyone knows an explosive child, one whose frequent, severe fits of temper leave his or her parents standing helpless in their fear, frustration, and guilt. Most of these parents have tried everything—reasoning, behaviour modification, therapy, medication—but to no avail. They wonder if their child is deviant or just plain bad. Dr. Ross Greene has worked with thousands of explosive children, and he has good news: these kids aren't bad, and neither are their parents. Rather, explosive children suffer from a physiological deficiency in frustration tolerance and flexibility. Throughout this compassionate book, Dr. Greene demonstrates why traditional treatments don't work for these kids and offers a new conceptual framework for understanding their behaviour, along with new language to describe it. He explains the latest neuroscience findings about the importance of flexibility, and, most important, he shows parents specific, practical ways they can recognize the signs of an impending explosion, defuse tension, and reduce frustration levels for the entire family. For parents, psychologists, educators and ADHD groups. In addition to the scientific foundation of the book, Greene addresses parents in practical ways that will help show results in difficult children and their effect on families.

Genre: Family & Relationships

Number of Pages: 298

Language: English

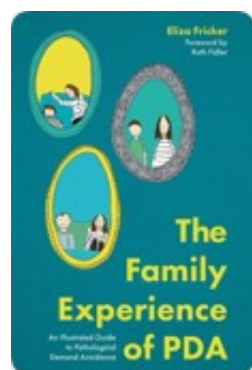
ISBN: 9780060779399

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022

JourneysWithPDA.com



The Family Experience of PDA **An Illustrated Guide to Pathological Demand Avoidance**

Eliza Fricker

Jessica Kingsley Publishers (November 18, 2021)



Summary:

Eliza Fricker gets it. Describing her perfectly imperfect experience of raising a PDA child, with societal judgements and internal pressures, it is easy to feel overwhelmed, resentful and alone. This book's comedic illustrations explain these challenging situations and feelings in a way that words simply cannot, will bring some much-needed levity back into PDA parenting. Humorous anecdotes with a compassionate tone remind parents that they are not alone, and they're doing a great job. If children are safe, happy, and you leave the house on time, who cares about some smelly socks? A light-hearted and digestible guide to being a PDA parent covering everything from tolerance levels, relationships and meltdowns to collaboration, flexibility, and self care to dip in and out as your schedule allows to help get to grips with this complex condition. This book is an essential read for any parent with a PDA child, to help better understand your child, build support systems and carve out some essential self care time guilt free.

Genre: Family & Relationships

Number of Pages: 128

Language: English

ISBN: 9781787756786

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



The Highly Sensitive Child

Helping Our Children Thrive When the World Overwhelms Them

Ph.D. Elaine N. Aron

Harmony/Rodale (October 8, 2002)



JourneysWithPDA.com

Summary:

A groundbreaking parenting guidebook addressing the trait of “high sensitivity” in children, from the psychologist and bestselling author of *The Highly Sensitive Person* whose books have sold more than 1 million copies. With the publication of *The Highly Sensitive Person*, pioneering psychotherapist Dr. Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives of those who possess it. In *The Highly Sensitive Child*, Dr. Aron shifts her focus to the 15 to 20 percent of children who are born highly sensitive—deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but also may result in shyness, fussiness, or acting out. As Dr. Aron shows in *The Highly Sensitive Child*, if your child seems overly inhibited, particular, or you worry that they may have a neurodevelopmental disorder, such as ADHD or autism, they may simply be highly sensitive. And raised with proper understanding and care, highly sensitive children can grow up to be happy, healthy, well-adjusted adults. Rooted in Dr. Aron’s years of experience working with highly sensitive children and their families, as well as in her original research on child temperament, *The Highly Sensitive Child* explores the challenges of raising an HSC; the four keys to successfully parenting an HSC; how to help HSCs thrive in a not-so-sensitive world; and how to make school and friendships enjoyable. With chapters addressing the needs of specific age groups, from newborns to teens, *The Highly Sensitive Child* is the ultimate resource for parents, teachers, and the sensitive children in their lives.

Genre: Family & Relationships

Number of Pages: 368

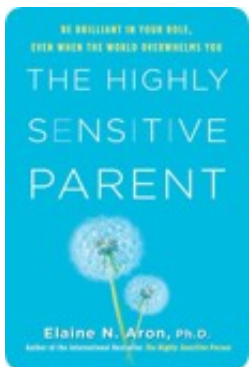
Language: English

ISBN: 9780767908726

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023



The Highly Sensitive Parent

Be Brilliant in Your Role, Even When the World Overwhelms You

Ph.D. Elaine N. Aron

Kensington (March 31, 2020)



Summary:

First, she taught you the value of your highly sensitive nature in her bestselling classic *The Highly Sensitive Person*. Now, Dr. Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge: Parenthood. Parenting is the most valuable and rewarding job in the world, and also one of the most challenging. This is especially true for highly sensitive people. Highly sensitive parents are unusually attuned to their children. They think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response. For highly sensitive people, parenting offers unique stresses—but the good news is that sensitivity can also be a parent's most valuable asset, leading to increased personal joy and a closer, happier relationship with their child. Dr. Elaine Aron, world-renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity, has written an indispensable guide for these parents. Drawing on extensive research and her own experience, she helps highly sensitive parents identify and address the implications of their heightened sensitivity, offering:

- A self-examination test to help parents identify their level of sensitivity
- Tools to cope with overstimulation
- Advice on dealing with the negative feelings that can surround parenting
- Ways to manage the increased social stimulation and interaction that comes with having a child
- Techniques to deal with shyness around other parents
- Insight into the five big problems that face highly sensitive parents in relationships—and how to work through them

Highly sensitive people have the potential to be not just good parents, but great ones. Practical yet warm and positive, this groundbreaking guide will show parents how to build confidence, awareness, and essential coping skills so that they—and their child—can thrive on every stage of the parenting journey. "This book is filled with validating, healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive. It changed my life in the most healing and empowering ways." —Alanis Morissette, artist, activist, teacher

Genre: Family & Relationships

Number of Pages: 272

Language: English

ISBN: 9780806540580

Reading Status: Unread

Date Added: September 18, 2023

JourneysWithPDA.com



♥ **The Kids' Guide to Staying Awesome and In Control**
Simple Stuff to Help Children Regulate their Emotions and Senses

Lauren Brukner

Jessica Kingsley Publishers (July 22, 2014)



Summary:

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

Genre: Juvenile Nonfiction

Number of Pages: 88

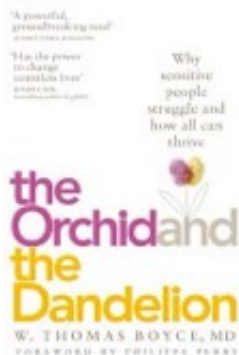
Language: English

ISBN: 9780857009623

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



The Orchid and the Dandelion

Why Sensitive People Struggle and How All Can Thrive

Dr W. Thomas Boyce

Pan Macmillan (January 15, 2019)



JourneysWithPDA.com

Summary:

Foreword by Philippa Perry 'Based on groundbreaking research that has the power to change the lives of countless children - and the adults who love them.' – Susan Cain, New York Times bestselling author of Quiet 'A necessary and important book.' – Philippa Perry, Sunday Times bestselling author of The Book You Wish Your Parents Had Read Are you a hardy and resilient dandelion, or are you a more sensitive and fragile orchid? Building on the definitions of introvert, extrovert or highly sensitive, *The Orchid and the Dandelion* exposes – for the first time – how a combination of environmental and genetic factors contribute to what makes us who we are. This breakthrough research explains why some people struggle where others succeed, why happiness comes so easily to some while frustrations weigh more heavily on others. In *The Orchid and the Dandelion*, Dr W. Thomas Boyce – one of the world's foremost researchers in the field of pediatric health – presents findings that children have two very different responses to their environments. While some children are like dandelions and can thrive in almost any environment, there are others who, like orchids, are much more reactive and susceptible to their surroundings. Now we finally have a scientific framework to understand people and how to address their unique needs to help them find their fullest potential. This groundbreaking book draws on extensive research into genetics and the exploding field of epigenetics, examples and real stories that will re-frame how we think about orchid and dandelion children – and the adults those children have become. By understanding which of us are, genetically and environmentally speaking, the orchids of this world, Dr Boyce explains how to care for and parent our children – the true orchids. He shows how we can help them thrive by sharing insights and lessons from his thirty years of research in the field.

Genre: Psychology

Number of Pages: 224

Language: English

ISBN: 9781509805167

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023

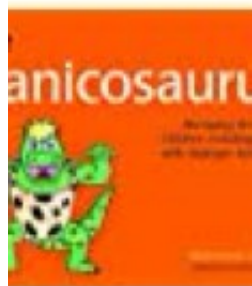


The Panicosaurus

Managing Anxiety in Children Including Those with Asperger Syndrome

K. I. Al-Ghani and Haitham Al-Ghani

Jessica Kingsley Publishers (January 1, 2012)



Summary:

Have you ever felt a sense of dread and worry creeping over you? That might be the Panicosaurus coming out to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her. This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

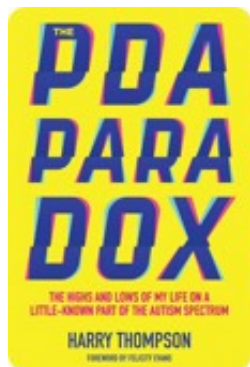
Genre: JUVENILE FICTION

Number of Pages: 56

Language: English

ISBN: 9781849053563

Reading Status: Unread



The PDA Paradox

The Highs and Lows of My Life on a Little-Known Part of the Autism Spectrum

Harry Thompson

JourneysWithPDA.com

Jessica Kingsley Publishers (February 21, 2019)



Summary:

Diagnosed with Pathological Demand Avoidance (PDA) in his teenage years, Harry Thompson looks back with wit and humour at the ups and downs of family and romantic relationships, school, work and mental health, as well as his teenage struggle with drugs and alcohol. By embracing neurodiversity and emphasising that autistic people are not flawed human beings, Thompson demonstrates that some merely need to take the "scenic route" in order to flourish and reach their full potential. The memoir brings to life Harry's past experiences and feelings, from his torrid time at school to the peaceful and meaningful moments when he is alone with a book, writing or creating YouTube videos. Eloquent and insightful, The PDA Paradox will bring readers to shock, laughter and tears through its overwhelming honesty. It is a turbulent memoir, but it ends with hope and a positive outlook to the future.

Genre: Family & Relationships

Number of Pages: 184

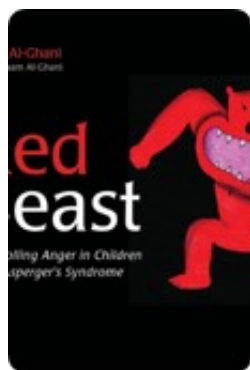
Language: English

ISBN: 9781785926778

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



The Red Beast

Controlling Anger in Children with Asperger's Syndrome

K. I. Al-Ghani and Haitham Al-Ghani

Jessica Kingsley Publishers (January 1, 2008)



Summary:

Deep inside everyone, a red beast lies sleeping. When it is asleep, the red beast is quite small, but when it wakes up, it begins to grow and grow. This is the story of a red beast that was awakened. Rufus is in the school playground when his friend John kicks a ball that hit him in the stomach, and wakes up the sleeping red beast: 'I hate you - I'm gonna get you!'. The red beast doesn't hear the teacher asking if he's okay. It doesn't see that John is sorry - how can Rufus tame the red beast? This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

Genre: JUVENILE FICTION

Number of Pages: 48

Language: English

ISBN: 9781843109433

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ The Spectrum Girl's Survival Guide How to Grow Up Awesome and Autistic

Siena Castellon

Jessica Kingsley Publishers (March 19, 2020)



JourneysWithPDA.com

Summary:

Moonbeam Children's Book Awards - Silver Medal Winner Nautilus Silver Book Award Winner Purple Dragonfly Book Awards - First Place "Never be ashamed of being different: it is this difference that makes you extraordinary and unique." This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge. With practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying, The Spectrum Girl's Survival Guide gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.

Genre: Young Adult Nonfiction

Number of Pages: 256

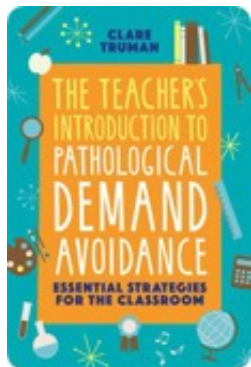
Language: English

ISBN: 9781787751842

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: March 11, 2022



♥ The Teacher's Introduction to Pathological Demand Avoidance Avoidance

Essential Strategies for the Classroom

Clare Truman

Jessica Kingsley Publishers (July 21, 2021)



Summary:

This essential guide for working with PDA pupils outlines effective and practical ways that teachers and school staff can support these pupils, by endorsing a child-led approach to learning and assessment. Beginning with an introduction to PDA and how it can affect the education experience, it is then followed by thoughtful, useful strategies school staff can implement to build a collaborative relationship with pupils and help them to thrive in the school environment. The activities presented aim to make children more comfortable and at ease, and therefore better able to learn. It covers key issues for children with PDA, such as sensory issues, preferred language and phrasing of demands, social skills, and recognising distressed behaviour. The chapter summaries and simple activities listed throughout make this a useful tool for busy teaching staff working with PDA pupils.

Genre: Education

Number of Pages: 176

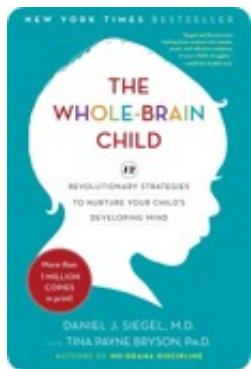
Language: English

ISBN: 9781787754881

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



The Whole-Brain Child

12 Revolutionary Strategies to Nurture Your Child's Developing Mind

Daniel J. Siegel and Tina Payne Bryson

Random House Publishing Group (October 4, 2011)



JourneysWithPDA.com

Summary:

NEW YORK TIMES BESTSELLER • More than 1 million copies in print! • The authors of No-Drama Discipline and The Yes Brain explain the new science of how a child's brain is wired and how it matures in this pioneering, practical book. "Simple, smart, and effective solutions to your child's struggles."—Harvey Karp, M.D. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives. "[A] useful child-rearing resource for the entire family . . . The authors include a fair amount of brain science, but they present it for both adult and child audiences."—Kirkus Reviews "Strategies for getting a youngster to chill out [with] compassion."—The Washington Post "This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read The Whole-Brain Child. This is my new baby gift."—Mary Pipher, Ph.D., author of Reviving Ophelia and The Shelter of Each Other "Gives parents and teachers ideas to get all parts of a healthy child's brain working together."—Parent to Parent

Genre: Family & Relationships

Number of Pages: 192

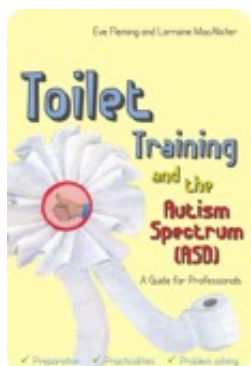
Language: English

ISBN: 9780553907254

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



Toilet Training and the Autism Spectrum (ASD)

A Guide for Professionals

Eve Fleming and Lorraine MacAlister

Jessica Kingsley Publishers (September 21, 2015)



Summary:

This practical guide equips practitioners to support families and carers in developing effective toilet training programmes and provide continued help with analysing and addressing problems that occur. With appropriate intervention and persistence most children on the autism spectrum can be toilet trained, however difficult it may sometimes seem at first. Eve Fleming and Lorraine MacAlister are specialists on continence problems in autism and have packed their expertise into this accessible guide. Focusing on the 3 'Ps' - preparation, practicalities and problem-solving - they offer a step-by-step process tailored for children with autism, which includes strategies for managing behavioural issues, approaches to address sensory sensitivities and advice on overcoming specific bowel and bladder difficulties. It also has an invaluable chapter on approaching toilet training with children with PDA. This book will give early years practitioners, special education teachers, paediatric and school nurses, health visitors and other frontline professionals the knowledge and skills to support children with autism spectrum disorder and their families with toilet training.

Genre: Family & Relationships

Number of Pages: 240

Language: English

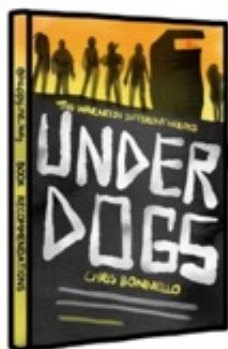
ISBN: 9781784500702

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022

JourneysWithPDA.com



♥ **Underdogs
Tooth and Nail**

Chris Bonello

Unbound Publishing (June 18, 2020)



Summary:

Three weeks have passed since the events of Underdogs. The British population continues its imprisonment in Nicholas Grant's giant walled Citadels, under the watchful eye of innumerable cloned soldiers. The heroes of Oakenfold Special School remain their last chance of freedom. As a result of their last mission, Grant has been forced to speed up his plans for Great Britain and beyond. Ewan, Kate, McCormick and the rest of the Underdogs must face the horrors of his new research, knowing that it raises the stakes as high as they will go. Failing this battle will not merely result in losing soldiers and friends, but in losing the war entirely. According to the odds, the Underdogs are near-certain to fail. But they have spent their whole lives being underestimated and did not survive this long by respecting the odds.

Genre: Young Adult Fiction

Number of Pages: 316

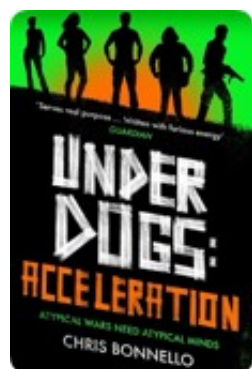
Language: English

ISBN: 9781789650969

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ **Underdogs
Acceleration**

Chris Bonello

Unbound Publishing (February 3, 2022)



Summary:

War is raging. Numbers are dwindling. It's a dangerous world for an underdog. The Underdogs of Spitfire's Rise are falling apart. In the series' penultimate novel, the remnants of Britain's last army are called into battle again – this time to avert the violent deaths of tens of thousands of prisoners. The neurodiverse skills and defiant bravery of the Underdogs are pitched against the might of military science and the terrifying Acceleration project. Meanwhile, Oliver Roth has been offered a promotion that would make him the second most powerful person in Britain. But it's conditional on the success of his next mission: the discovery and annihilation of Spitfire's Rise. The Underdogs fight for the safety of countless prisoners, clueless that their home is being hunted. As each side launches their respective attacks, it's only a matter of time until one triumphs decisively over the other.

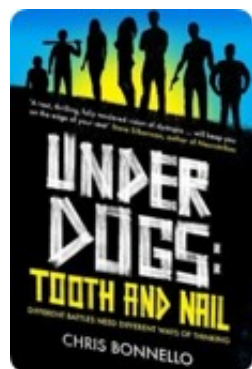
Genre: Young Adult Fiction

Number of Pages: 323

Language: English

ISBN: 9781800180895

Reading Status: Unread



♥ **Underdogs**
Tooth and Nail
Chris Bonello

JourneysWithPDA.com

Unbound Publishing (June 18, 2020)



Summary:

Three weeks have passed since the events of Underdogs. The British population continues its imprisonment in Nicholas Grant's giant walled Citadels, under the watchful eye of innumerable cloned soldiers. The heroes of Oakenfold Special School remain their last chance of freedom. As a result of their last mission, Grant has been forced to speed up his plans for Great Britain and beyond. Ewan, Kate, McCormick and the rest of the Underdogs must face the horrors of his new research, knowing that it raises the stakes as high as they will go. Failing this battle will not merely result in losing soldiers and friends, but in losing the war entirely. According to the odds, the Underdogs are near-certain to fail. But they have spent their whole lives being underestimated and did not survive this long by respecting the odds.

Genre: Young Adult Fiction

Number of Pages: 316

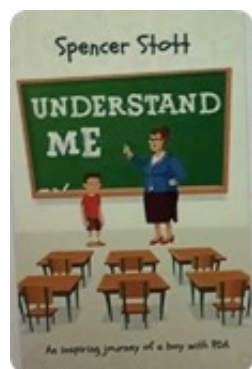
Language: English

ISBN: 9781789650969

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ **Understand Me**
An Inspiring Journey Of A Boy With PDA
Spencer Scott



Reading Status: Unread

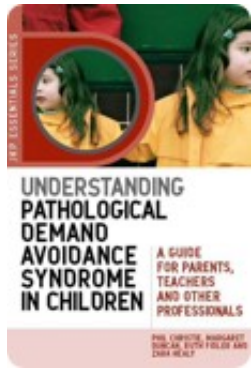
Category: PDA Kid's Books

Date Added: March 11, 2022

Notes:

9 year old Spencer recalls his struggles at mainstream school and takes us on a journey of his experiences whilst going through diagnosis and the EHCP process to a successful specialist placement. Spencer's feelings of isolation and sadness, and his longing to be understood and accepted, are recounted in his own powerful words. This book will be an inspiration for children, parents and teaching professionals who are living and working with a PDA profile of autism.

Spencer's Mum (Katie Stott) has also written and published a book - Life on an Alien Planet: A PDA boy and his journey through the education system.



♥ Understanding Pathological Demand Avoidance Syndrome in Children

A Guide for Parents, Teachers and Other Professionals

Margaret Duncan, Phil Christie, Ruth Fidler, and Zara Healy

Jessica Kingsley Publishers (September 15, 2011)



JourneysWithPDA.com

Summary:

This straightforward guide offers a complete overview of Pathological Demand Avoidance Syndrome (PDA) and gives practical advice for overcoming the difficulties it poses in a wide range of contexts from diagnosis through to adulthood. Starting with an exploration into the background of PDA that answers many of the immediate questions triggered when a child is first diagnosed, the book goes on to look at the impact of the condition on different areas of the child's life and what can be done to help. The authors present useful information on early intervention options and workable strategies for managing PDA positively on a day-to-day basis. They also examine ways to minimize common difficulties that may be encountered at home and school, making life easier for the child, family and peers. The final chapters tackle new problems that can arise when the teenage years hit and how to assist a successful transition from adolescence to adulthood. Illustrative case examples are included throughout, and the book concludes with a list of valuable resources for further information and advice. Full of helpful guidance and support, this user-friendly introductory handbook is essential reading for anyone caring for, or working with, children with PDA.

Genre: Education

Number of Pages: 208

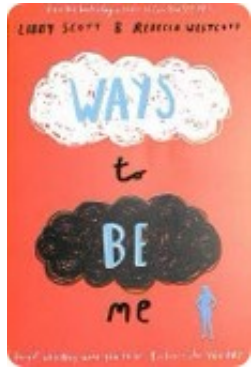
Language: English

ISBN: 9780857002532

Reading Status: Unread

Category: PDA Non-Fiction

Date Added: March 11, 2022



♥ Ways to Be Me

Libby Scott and Rebecca Westcott

Scholastic (July 1, 2021)



Summary:

Ten-year-old Tally had high hopes for Year 6. Being in the top class at school means a whole host of privileges, but even better than that is the school production - and Tally is convinced she'll win the lead role. But at home, things aren't going so well. Mum and Dad have been making Tally feel pressured and upset, and Tally wishes things didn't bother her so much - but they do, and sometimes she feels so misunderstood and frustrated, she could explode. Then Tally's mum and dad tell her about something she's never heard about before. Something called autism. And everything changes.

Number of Pages: 368

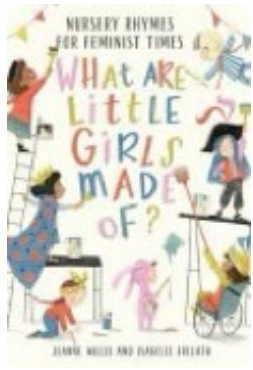
Language: English

ISBN: 9780702308352

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



♥ What Are Little Girls Made Of?

Jeanne Willis and Isabelle Follath

Nosy Crow (June 1, 2024)



[JourneysWithPDA.com](https://www.journeyswithpda.com)

Number of Pages: 32

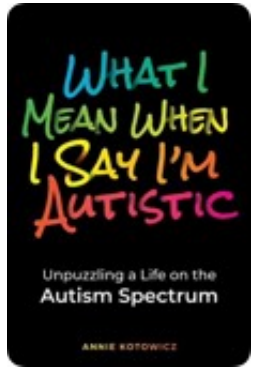
Language: English

ISBN: 9781788008952

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023



♥ What I Mean When I Say I'm Autistic

Unpuzzling a Life on the Autism Spectrum

Annie Kotowicz

Neurobeautiful (October 1, 2022)



Summary:

In this intimate and insightful mix of memoir and manifesto, Annie Kotowicz invites you inside the mind of an autistic woman, sharing the trials and triumphs of a life before and after diagnosis. How might it feel to be autistic? Why are autistic and non-autistic people so puzzling to one another? How does neuroscience explain the spectrum of autistic traits? And what could you discover about your own mind—neurotypical or neurodivergent—through learning about another? Drawing on popular stories from her blog Neurobeautiful—along with memories never shared before—Annie Kotowicz has created a nuanced analysis of her autistic thinking, an engaging guide to autistic thriving, and a beautiful celebration of autistic brains. What I Mean When I Say I'm Autistic will inspire autistic people and those who love them, offering help and hope to anyone seeking a deeper understanding of the autism spectrum.

Genre: Psychology

Number of Pages: 102

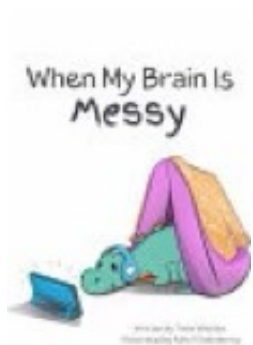
Language: English

ISBN: 9798986482705

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 20, 2023



♥ When My Brain Is Messy

Tania M Wieclaw

When My Brain Is Messy (March 24, 2023)



Summary:

Discover "When My Brain Is Messy" - A Children's Book About Sensory Sensitivities! Dive into the world of autism with this heart-warming and insightful story! "When My Brain Is Messy" is a book that belongs in every home, kindergarten, and school. Join the lovable young dinosaur on a journey through sensory experiences, where they rely on their parents' help to navigate overwhelming moments and big emotions. It's a story filled with understanding, compassion, and finding inner calm through regulating activities. Written by an autistic author and mother, "When My Brain Is Messy" is written in a friendly and rhyming style that kids adore! The beautiful illustrations bring the story to life, promoting awareness and acceptance of being true to oneself. Don't miss out on this incredible book that celebrates diversity and individuality.

Number of Pages: 34

Language: English

ISBN: 9780645775129

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 4, 2023

JourneysWithPDA.com



Why Do I Have To?

A Book for Children Who Find Themselves Frustrated by Everyday Rules

Laurie Leventhal-Belfer

Jessica Kingsley Publishers (July 15, 2008)



Summary:

If you want a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school.'- Professor Tony Attwood' Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories (TM), for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work.'- Teri Wiss, M.A., O.T.R./L., Director of Development is CHILD'S PLAY! Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating - but they don't have to be! Why do I have to? looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Leventhal-Belfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.

Genre: Family & Relationships

Number of Pages: 80

Language: English

ISBN: 9781846428265

Reading Status: Unread

Category: PDA Kid's Books

Date Added: March 11, 2022



Your Child is Not Broken

Parent Your Neurodivergent Child Without Losing Your Marbles

Heidi Mavir

Pan Macmillan (May 11, 2023)



Summary:

An updated edition of the Sunday Times bestseller. Your Child Is Not Broken is THE book for parents who need permission to do things differently. An unapologetic, deeply moving manual for parents of neurodivergent children from Heidi Mavir, a late-identified, neurodivergent adult and parent to an autistic/ADHD teenager. This updated edition includes information on Pathological Demand Avoidance, Rejection Sensitivity Dysphoria, an interview with Heidi's son Theo and more. Follow Heidi's irreverent and brutally honest story of her fight to be seen, heard and supported, while swimming against a tide of parent blame, ableist stereotypes and the weight of other people's opinions. Your Child Is Not Broken is a call to arms for parents and carers of autistic, ADHD, or otherwise neurodivergent children. It is the book that no one has dared to write but every parent needs to read. Heidi's hilarious anecdotes and heartbreaking storytelling offer validation, comfort, reassurance and wisdom to parents who need it the most.

Genre: Family & Relationships

Number of Pages: 288

Language: English

ISBN: 9781035030989

Reading Status: Unread

Category: Non-PDA But Supportive

Date Added: September 18, 2023

JourneysWithPDA.com
