

SUNDERLAND PUBLIC LIBRARY RESOURCES LIST
25 July 2026

JP BOOKS

Henry, like always

JP BAILEY

A friend for Henry

Henry upside down

Henry and the something new

These excellent stories are told from an insider's perspective. Capturing what a day full of overwhelming sounds and social interactions can feel like.

Uniquely wired: a book about autism and its gifts

JP COOK

Seen from Zak's perspective, the book celebrates how individuals on the spectrum experience the world in uniquely different ways, and how many childhood experiences are the same for neurodiverse as for neurotypical children. Resources at the end.

Who took my shoe?

JP EMIGH

Specifically written to help children with speech and language deficits to learn abstract language and ask "who, what, where, when?"

A friend like Simon

JP GAYNOR

Matthew learns to understand, appreciate, and accept his new classmate Simon when a school field trip takes them on a funfair trip. This book highlights the value of friendship and inclusivity in mainstream schools, and is a great starting point for conversations about neurodiversity and what it means to be a good friend.

JP BOOKS contd

We're amazing 1, 2, 3

JP KIMMELMAN

Introduces Julia from Sesame Street, teaching young readers about empathy, understanding, and celebrating differences.

Ian's walk: a story about autism

JP LEARS

Beautifully illustrates empathy, understanding, seeing through another's eyes. Sibling dynamics.

Adam rocks ... and Max rolls

JP MILLER

Teaches elementary-aged schoolchildren about empathy, understanding, and the autism spectrum. Glossary of important words and tips for self-soothing.

All my stripes

JP RUDOLPH

Zane the zebra worries about his "autism stripe" and his mom helps him see it is just one of many wonderful stripes that give him unique strengths.

Andy and his yellow frisbee

JP THOMPSON

Empathy, tolerance, understanding special needs. A gentle introduction to autism. Sibling dynamics. Factual information at the end.

BOARD BOOKS

The Cleanup and My Dinosaur Shoes from 2025, and the other board book from this year is Always Pasta.

The cleanup

My dinosaur shoes

Always pasta

The waiting room

J BD BK WEHNER

2025/2026

For ages 2-4. The Roscoe and Ivy stories are created by neurodivergent author and illustrator drawing on their own experiences in a warm, affirming way. The books focus on executive functioning, transitions, food selectivity, and self-regulation. Caregiver notes with practical strategies are included.

J FICTION

Mockingbird

J ERSKINE

2010

Ten-year-old Caitlin has Asperger's syndrome and cannot cope with her feelings about her brother's death in a school shooting.

Readers have found it sensitive, impressive, and captivating, and Caitlin's syndrome well-handled. Ages 10-12

Slider

J HAUTMAN

2017

A middle-grade book. It realistically explores David living with his sibling Max who has special needs, as well as the ups and downs of being a teenager. Funny, insightful, and genuinely sweet. Ages 10-12

Slug days

J LEACH

2017

About Lauren, a second-grader with autism navigating school and home life, friendships, and facing her challenges: a young person both charming and frustrating. An endearing story told with humor and empathy and drawn from the author's own real-life experiences in classrooms. Ages 7-10

Rain reign

J MARTIN

2014

Middle-grade novel about Rose, obsessed with prime numbers and synonyms. When a superstorm washes away her beloved dog Rain, Rose breaks from her rigid routine to find her emotional anchor. An honest, respectful look at autistic experience; a perspective without clichés. Ages 9-12

J FICTION contd

Chester and Gus

J MCGOVERN

The book explores the deep bond between Gus, a boy with autism, and Chester who fails his certification test but is adopted to be a service dog and friend to Gus - even if Gus doesn't know it yet. Funny and poignant, a great middle school read. Ages 8-12

A boy called Bat

J PBK ARNOLD

A heart-warming, neurodiversity-affirming middle-grade novel; authentic and empathetic. It follows Bixby "Bat" Tam, an autistic third-grader who has much to navigate in his life, including how to keep a baby skunk as a pet! The author's aim is building bridges between autistic and neurotypical children by focusing on shared interests. Ages 6-10

A kind of spark
2022

J PBK McNICOLL

A middle-grade book tells the story of 11-year-old Addie who sets out to honor women falsely accused of being witches. A story about friendship, courage and self-belief. Upfront about topics such as masking and ableism. Addie and her big sister Keedie, also autistic, are wonderfully-drawn characters. "No, Addie. Other people's minds are small. Your mind is enormous, It has room for everyone and everybody. You don't want to be like other people." Ages 9 and up

J FICTION contd

Ellen outside the lines
2023

J PBK SASS

A heartfelt novel about a neurodivergent thirteen-year-old navigating changing friendships and a school trip, and embracing that life does not always stick to a planned itinerary. Sass' interests lie in identity, neurodiversity, allyship, and family.

"Not every person fits neatly into categories. Life doesn't always stick to a planned itinerary." Ages 8-12

J NONFICTION

My friend with autism
2011

J 616.85 BISHOP

Helps explain autism from a child's perspective, explaining sensory sensitivities, communication differences, the need for routines, showing how children with autism have the same strengths and challenges any child has. Perfect for elementary-aged students.

My friend has autism
2019

J 618.92 DULING

Readers are introduced to different characters, how autism may affect their actions, and how we can be good friends. Full-color photos, tips for parents, relevant website suggestions. Ages 5-7.

*Different like me:
my book of autism heroes*
2006

J 618.92 ELDER

Introducing children 8-12 age range in child-friendly language to famous and inspirational figures from the world of science, math, literature, philosophy, and comedy: Einstein, Kandinsky, Lewis Carroll, Dian Fossey and others who excel in different fields but often found it difficult to fit in, like the narrator Quinn with high-functioning ASD.

*A is for autism, F is for friend: a kid's book on making
friends with a child who has autism*
2007

J 616.85 KEATING

From the perspective of Chelsea, an eleven-year-old girl with autism, the book explains life through a different lens, but also highlights how all children experience similar emotions. Grades 3-7.

J NONFICTION contd

The autism acceptance book:

being a friend to someone with autism

J 616.85 SABIN

2006

Written to walk children ages 6-12 through better understanding autism by demystifying behaviors. Activities and questions for children to consider

The ASD and me picture book: a visual guide

to understanding challenges and strengths

J 618.92 SHAUL

2021

The word autism is not used in the book's text - a plus for children not yet aware of their diagnosis. The book focuses on building self-awareness, emotional intelligence, and self-advocacy, using simple language and cartoon style graphics. Interactive fill-in-the-blank self-exploration tools, photocopiable worksheets to make feeling and social concepts simple and fun and empowering to young readers.

Our brains are like computers!: exploring social skills

and social cause and effect with children

on the autism spectrum

J 618.92 SHAUL

2016

For ages 9 and up. This highly visual social skills book explains to children in clear and simple child-friendly language how their words and actions can affect other people. Designed for children whose understanding of computers might exceed their understanding of interpersonal relationships. Photocopiable worksheets and games ranging from easy to challenging reinforce the guidance given in the book.

J NONFICTION contd

I see things differently: a first look at autism J 616.85 THOMAS
2014

Thomas strives to promote understanding of what autism is and what it feels like from the perspective of the child with autism. A simple story line and a catalyst for conversation. Ages 4-8

Hedy Lamarr's double life J 921 WALLMARK
2019

Lamarr lived during an era when autism was neither widely understood or diagnosed, but she possessed specific traits that are considered by psychologists to align to autism, including an exceptional ability to visualize and build mechanical systems, a desire for seclusion, repetitive and intense behaviors, mood alterations, and social camouflaging. An inspirational biography.

YA FICTION

Invisible Differences: a story of Asperger's, adulting, and living a life in full color YA GRAPHIC DACHEZ
2020

Dachez is diagnosed with ASD and this book is based on her own struggle with sensory sensitivities and social interaction.

Readers cite this book as a stellar exploration of living with autism, with the concise guide in the endnotes bringing understanding and help for "Aspies."

Kids like us YA REYL
2017

Martin, a 16-year-old on the spectrum, travels to France with his mother and finds himself learning how to navigate new friendships and experiences. Martin learns, with some help from Proust, that he can in fact connect successfully with others. An epic combination of things to love about this book: set in France, food, food, food, and a boy obsessed with a book. Insightful and multi-layered. Ages 12 and up.

Mindblind YA ROY
2010

Fourteen-year-old Nathaniel is a math genius, but mindblind: someone who isn't able to imagine another's reality.

"It's an Aspie term, meaning I can't seem to guess what other people are thinking." His friend Jessa says, "I think it applies to a lot of us who don't have AS, too. Don't you think?"

An affirming, warm-hearted, slice-of-life novel, with a near-perfect narrative voice - appropriately self-conscious and sardonic, that shows Nathaniel's social discomfort and his hyperintelligence.

YA FICTION contd

When my heart joins the thousand
2018

YA STEIGER

A romance about autistic and chronically-ill teens finding hope and the anguish of being different. A powerful approach to issues surrounding coming of age, relationships, and independence, and the magic that comes from being accepted for who you are.

YA NONFICTION

Making friends at work
2017

YA 616.85 GALLUP

Specifically written as a practical teaching tool for individuals on the autism spectrum navigating professional settings. It simulates social interactions, outlines positive and negative outcomes, and explains social cues. Helps readers map out an plan for workplace social dynamics.

*Know your spectrum: an autism creative writing
workbook for teens*
2019

YA 618.92 MONAHAN

Written for teens 13-19 by an autistic author, the content is relatable and validating. Tailored prompts encourage teens to express their emotions, recognize their individual “spectrum: of behaviors, manage stress, and build self-esteem. A therapeutic tool for parents looking for an engaging way to facilitate conversation and self-discovery.

The Asperger teen’s toolkit
2017

YA 616.85 MUSGRAVE

A practical, straightforward guide written to help adolescents with high-functioning autism navigate the everyday realities of growing up. Minimal text, comic style graphics, it covers a wide range of specific topics such as emotional regulation, social and dating life, and managing self-esteem.

YA NONFICTION contd

Successful social articles into adulthood:

growing up with social stories

YA 616.85 TIMMINS

2018

Shows how to construct effective stories that can reshape thinking to help young adults with autism approach the world in a confident and constructive way.

Dr Timmins writes from both a professional perspective and lived experience as a parent of an autistic son.

Sensory: life on the spectrum:

an autistic comic book

YA GRAPHIC 616.858 SENSORY

2022

Artist and creator Bex Ollerton has compiled an acclaimed anthology featuring comics from thirty autistic creators about living in a world that doesn't always understand or appreciate them.

Applauded across the board for emotional depth, vulnerability, and a unique insight that makes ND readers feel seen.

ADULT FICTION

Conventionally yours
2020

ALBERT

The first in Albert's *True Colors* series, this novel is a warm, slow-burn enemies-to-lovers road trip romance. Inclusive representation, including LGBTQ+ characters and discussions of anxiety and neurodiversity.

The Kiss Quotient
2018

HOANG

A best-selling romance. Wealthy Stella, a socially awkward data analyst, hires Michael, a male escort, to teach her how to date and navigate intimacy.

Hoang is on the spectrum herself, and the book has been praised for its focus on clear communication and boundaries. There was a mixed reaction, though, from the autism community, with many feeling it reinforced harmful stereotypes.

House Rules
2010

PICOULT

A legal thriller and domestic drama. An older book, and while some autistic readers feel it leans on single-trait stereotypes, others feel it offers a deeply empathetic portrayal of autism.

ADULT FICTION contd

The Rosie Effect

SIMSION

2014

Neurodiversity, marriage dynamics, strict schedules and protocols, and overzealous, highly literal preparations as a man navigates his journey as a new father.

The reception by autistic readers was divided, with some having a warm appreciation of the father and his approach to his wife's pregnancy, and others criticising lingering tropes; although both sides appreciate that the book showcases that autistic individuals are capable of romance and a fulfilling personal life.

ADULT NONFICTION

The autism spectrum: handbook and resource guide
2022

616.85 AUTISM

Valuable, accessible resource information for caregivers with pages of fact sheets, checklists, detailed reports, as well as helpful treatment plans about specific conditions related to ASD and resources.

Wired to feel
2026

616.85 BERGENFIELD

This book presents a new way of understanding autism. The authors argue that it is fundamentally a condition of sensory surplus rather than a social communication disorder. The emphasis is on self-understanding, self-compassion, and practical strategies and has been praised for its neuroaffirming approach. Pairs very well with *Uniquely Human* (618.92 Prizant)

The #actuallyautistic guide to advocacy
2022

618.928 BRUNTON

An in-depth look at the key elements of effective, respectful, inclusive advocacy and allyship. Solid advice, great strategies laid out step-by-step.

The #actuallyautistic guide to building independence
2024

618.9285882 BRUNTON

A practical guide written for autistic teens, young adults, and the people who support them. It focuses on helping readers build independence in ways that respect autistic strengths and needs.

ADULT NONFICTION contd

Half my sky

2023

618.92 CARIELLO

The sequel to *What Color is Monday?*, Cariello's second book explores family life as her autistic son reaches adulthood with reflections on marriage, grief, and hope amid the challenges and joys of raising an autistic child. Honest, heartfelt, humorous and warm, and good to have a book that addresses the transition into adulthood, often less covered than childhood.

Right from the start: a practical guide for helping young children with autism

2019

371.94 DONAHUE

A resource for caregivers, parents, educators, with practical strategies to help children manage their behavior, learn social and play skills, and cope with challenging sensory experiences.

Heart-centered connections: seven essential skills for helping neurodiverse and marginalized children thrive

2026

ELLIOTT

Aimed at anyone working with children who are neurodivergent, have learning disabilities, or have otherwise been marginalized. The book's central idea is that children mirror the emotional regulation of the adults around them: regulated adults help children learn and thrive. The emphasis is on neuroinclusive environments and relationship-based support with the understanding of the seven essential skills outlined by the author.

ADULT NONFICTION contd

Visual thinking: the hidden gifts of people who think in pictures, patterns, and abstractions 152.14 GRANDISON 2022

Explores how non-verbal thinkers process the world. Grandison argues that society relies on these minds for innovation, yet they are often marginalized by traditional word-centric education and hiring systems, leading to a dangerous decline in the skilled trades and design innovation.

The autistic brain: thinking across the spectrum 616.85 GRANDISON 2013

Explores autism through neuroscience, genetics, and personal experience. Grandin advocates for a strengths-based approach to education and diagnosing autism symptom-by-symptom rather than with an umbrella label. Delves into how 21st-century neuroimaging and DNA sequencing reveal the wiring of the hidden brain.

Different, not less 362.16 HAYDEN 2022

Both a memoir and a guide that advocates for broader societal acceptance and inclusion. It teaches neurodivergent individuals how to embrace their identities and gives practical strategies for navigating a neurotypical world—including dealing with burnouts, sensory processing, and social interactions.

ADULT NONFICTION contd

*Knowing why: adult-diagnosed autistic people
on life and autism*

616.85 KNOWING

2018

Particularly valuable because it presents many different autistic voices. Discovering that your experiences are shared by others on the spectrum can foster a strong sense of belonging. Adult-diagnosed autistic people can have the agency to shape their own environments, build boundaries, and avoid harmful therapies. Those who flew under the radar as children and have spent a lot of time wondering what's wrong without ever knowing why will benefit from these essays, as will anybody who wants to understand better and support an adult autistic friend or family member.

What I mean when I say I'm autistic
2026

616.858 KOTOWICZ

A short, accessible blend of personal stories with explanations of neuroscience and autism research written by an autistic woman who was diagnosed in adulthood. Very approachable and insightful for anybody wanting to understand autism from a lived-experience perspective.

*The personalized autism nutrition plan: nourishing hope for
Kids with ASD, ADHD, anxiety and nd delays*

2025

618.928 MATTHEWS

An evidence-informed nutrition approach outlining a 12-step plan to help create therapeutic diets that may support symptoms such as hyperactivity, anxiety, or picky eating. Contains 50 family-friendly recipes. Grounded in clinical experience where nutritional interventions remain an area of ongoing study.

ADULT NONFICTION contd

Self-care for autistic people

2024

616.85 NEFF

A practical and affirming self-help book written especially for autistic adults. More than 100 self-care practices emphasizing an understanding of your own nervous system and creating a life that works for you.

Life on the Bridge

2024

616.858 PARTLOW

An accessible handbook aimed at parents, educators, therapists, caregivers and autistic readers themselves. Partlow lives with autism while also working as a therapist. She uses personal stories, case examples and metaphors to explain why autistic people experience the world differently and how the neurotypical world can respond more effectively.

Uniquely human

2022

618.92 PRIZANT

Updated from 2015 and still a cornerstone book for empathy and reframing autism from problem behavior to understanding, communication, regulation, sensory needs, and emotional safety.

Switched on: a memoir of brain change and emotional awakening

2015

921 ROBISON

Chronicles Robison's experience with TMS therapy which unexpectedly gave him the ability to read emotions after living with Asperger's syndrome for forty years.

ADULT NONFICTION contd

Look me in the eye: my life with Asperger's 362.196 ROBISON
2007

A memoir of growing up in the 1960s with undiagnosed Asperger's syndrome when the diagnosis did not exist in the US. Labeled a "social deviant: at school, Robison had an extraordinary career. A moving and insightful read, darkly funny, and candidly honest.

Raising Cubby: a father and son's adventures with Asperger's 921 ROBISON
2013

A humorous and moving memoir by Robinson about raising his son as they both navigate Asperger's. The book follows their unconventional adventures as Robinson guides his highly-intelligent son through hands-on learning rather than relying on traditional parenting. An upbeat read with an explosive ending and a courtroom drama!

Autism spectrum disorder: what every parent needs to know
2019 618.92 ROSENBLATT

Published by the American Academy of Pediatrics, this authoritative guide is designed to help parents understand ASD diagnoses, therapies, clear overviews, and actionable care strategies from infancy through adulthood. The book also features personal stories from multiple families to help parents feel less isolated and overwhelmed.

ADULT NONFICTION contd

*NeuroTribes: the legacy of autism and the future
of neurodivergence*

616.85 SILBERMAN

2015

A groundbreaking historical and cultural exploration of autism from 2015. One of the first publications to challenge the idea that autism is a modern epidemic, framing it instead as a natural variation in the human genome, and advocating for the acceptance and accommodation of “neurodivergence.”

Silberman debunks established myths, and argues for accommodating environments that allow diverse minds to thrive, rather than an attempt to force autistic individuals to conform to neurotypical sensibilities.

*Autism and tomorrow: the complete guide to helping
your child thrive in the real world*

2018

616.8588 SIMMONS

A resource covering the questions a parent might have pertaining to their child with autism, about matters such as long-term care, employment options, education, puberty, nutrition, or community resources.

The authors are parents of children with autism and apply their experience and expertise to help other caregivers, so an autobiography as much as a reference book.

ADULT NONFICTION contd

Your neurodiverse child: how to help 362.2083 SORSCHER
2025

Dr Sorscher educates the reader on how to identify and work with children with ADD, learning disorders (LD), and ASD. She debunks myths, writes with clarity and accessibility, and includes practical strategies to nurture each child and empower them to find success in all areas of life.

*Spectrums: autistic transgender people
in their own words* 306.768 SPECTRUMS
2020

A vital and intimate collection of personal essays reveals the struggles and joys of living at the intersection of neurodivergence and gender identity.

Nine minds: inner life on the spectrum 616.85 TAMMET
2025

Tammet is an autistic author and a savant. In this book he profiles nine neurodivergent individuals from around the globe to present a diverse cast across various ages, cultures, and professions. Through their narratives, Tammet challenges tired stereotypes and outdated prejudices with lyricism and empathy, proving there are infinite ways to live an authentic and fulfilling life.

ADULT NONFICTION contd

Successful social articles into adulthood:

Growing up with social stories

2018

626.85 TIMMINS

An excellent resource for supporting autistic young adults as they transition into adult life. It covers many important topics such as applying for jobs, preparing for interviews, looking after physical and mental health, living independently, and more.