

Most of the authors have social media channels with bite size info, or search for their names to find interviews on podcasts/YouTube to check them out before purchasing.

Associations

ADHD Ireland www.adhdireland.ie
Neurodiversity Ireland www.neurodiversityireland.com
Dyslexia Association of Ireland www.dyslexia.ie
Dyspraxia Ireland (also dyscalculia) www.dyspraxia.ie
AsIAm www.asiam.ie
PDA www.pdasociety.org.uk /www.pdanorthamerica.org
Tourette Syndrome www.tourette.org

Executive Function

Books by Peg Dawson and Richard Guare for three different age groups:

Smart but Scattered (for 4-13yr olds)
Smart but Scattered Teens
Smart but Scattered -and Stalled (for young adults)

Self Regulation

Help Your Child Deal with Stress and Thrive (formerly called 'Self Reg') by Stuart Shanker and Teresa Barker
Co-Regulation Handbook by Linda K Murphy

Sensory Needs

The Out of Sync Child by Carol Stock Kranowitz
The Out of Sync Child Grows Up (for Teens) by Carol Stock Kranowitz

Special Interests

'What I want to talk about' by Pete Wharmby

ND and Chronic Illness

All Tangled up by Charli Clement (book)
Bendy Bodies podcast (hypermobility and associated)
Ehlers-Danlos Support UK www.ehlers-danlos.org
Webinar on Hypermobility and neurodiversity at:
<https://www.ehlers-danlos.org/information/webinar-hypermobility-and-neurodiversity/>

2e and Giftedness

The Gifted Learner: How To Help by Fidelma Healy Eames (book)
Neurodiversity Podcast with Emily Kircher-Morris has plenty of podcasts on the topic if you search for 'gifted'

PDA

The Family Experience of PDA by Eliza Fricker
Declarative Language Handbook by Linda K Murphy
Low Demand Parenting by Amanda Diekman
The Educator's Experience of Pathological Demand Avoidance by Laura Kerbey

AuDHD (both Autistic and ADHD):

Unmasked by Ellie Middleton
Different not Less by Chloe Hayden

ADHD

ADHD 2.0 by Edward Hallowell and John Ratey
How to ADHD by Jessica McCabe
Delivered from Distraction (for Adults) by Edward Hallowell and John Ratey

Autism

Untypical by Pete Wharmby
Unmasking Autism by Devon Price

Memoirs:

Strong female character by Fern Brady
Our house is on fire by Malena Ernman
Unbroken by Alexis Quinn
The reason I Jump by Naoki Higashida (non-speaking)
Speechless by Fiacre Ryan (non-speaking autism)

Podcasts

Neurodiversity Podcast with Emily Kircher-Morris
Divergent Conversations
The Neurodivergent Woman
ADHD Women's Wellbeing
(both above have great guests...you don't have to be a woman to listen!!)
ADHD Chatter
ADHD Essentials
PDA-Parents

YouTube Channels

How to ADHD
ND Adults:
Yo Samdy Sam (Autism and ADHD)
Morgan Foley (Autism and ADHD)
...most podcasts are also on YouTube.

Instagram

@neurodivergent_lou
@neurowild
@deepwrk_hq
@neurodivergent_insights
@speechdude
@sensoryclass
@autistic_therapist
@anautisticguide
@school_run_mum_autism
@atpeaceparents

Websites

www.neurodivergentinsights.com
www.attitudemag.com (ADHD)
www.solutiontalk.ie (see articles with neurodiversity tag)

Parent Courses:

Parents Plus ADHD Programme run through ADHD Ireland
Parents Plus Special Needs Programme (for parents of teenagers with an intellectual disability) run through [Family Carers Ireland](http://www.familycarersireland.com)