

ASD and ADHD



Websites

Autism Berkshire | autismberkshire.org.uk

Provides useful information on autism for parents and the local events in West Berkshire.

National Autistic Society | autism.org.uk

Useful information and support for autistic people.

West Berkshire MENCAP | wbmencap.org

A charity that provides support, advice and guidance to people with learning disabilities and their parents/carers.

Parenting Special Children | parentingspecialchildren.co.uk

Provides specialist parenting support to parents and carers of children and young people with Special Needs.

ADDitude | additudemag.com

Provides useful resources for families living with ADHD

Getting Help

Special Needs Advice and Counselling Service (SNACS) |

Snacscounselling.co.uk

Counselling service for parents and carers of children with Special Needs and live in West Berkshire.

Swings and Smiles | swingsandsmiles.co.uk

Play sessions designed to meet the needs of individuals with additional needs.

Happy Days Charity | happydayscharity.org

Providing respite breaks for individuals, families and groups who support children with additional needs.

West Berkshire Autism Team

Offer a range of workshops through the year. Please contact Melissa.Hutchings@westberks.gov.uk for more details

Books

It can get better: Dealing with common behaviour problems in young children with autism | Paul Dickinson & Liz Hannah.

Aimed specifically at parents and carers of young children with autism, it looks at common behaviour problems and offers strategies and tips on how to deal with them.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | Ross W. Greene

A book to help parents and carers understand why your child does things and how to respond in effective ways.

Eukee the Jumpy, Jumpy Elephant | Clifford L. Corman & Esther Trevino

For ages 4-8. Eukee is a jumpy hyperactive elephant who moves through the jungle like a tornado, unable to pay attention like the other elephants. He begins to feel sad, but gets help after a visit to the doctor.

The Incredible Years | Carolyn Webster-Stratton

A trouble shooting guide for parents of children aged 2-8 years.