

# ASD and ADHD



## Websites

### **Autism Berkshire** | [autismberkshire.org.uk](http://autismberkshire.org.uk)

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

### **National Autistic Society** | [autism.org.uk](http://autism.org.uk)

Useful information and support for autistic people.

### **West Berkshire MENCAP** | [wbmencap.org](http://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](http://parentingspecialchildren.co.uk)

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

### **ADDitude** | [additudemag.com](http://additudemag.com)

Provides useful resources for families living with ADHD

## Getting Help

### **Swings and Smiles** | [swingsandsmiles.co.uk](http://swingsandsmiles.co.uk)

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

### **Happy Days Charity** | [happydayscharity.org](http://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](mailto: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.