NEURODIVERSITY AFFIRMING AUTISM RESOURCES

Books:

- Uniquely Human: A Different Way of Seeing Autism – Barry Prizant (understanding autism from a neurodiversity affirming perspective – a must read especially for parents, teachers)
- NeuroTribes: The Legacy of Autism and the Future of Neurodiversity – Steve Silberman (journalist standpoint, history of autism and neurodiversity)
- The Reason I Jump – Naoki Higashida (written by a non-speaking 13 year-old autistic boy)
- In A Different Key: The Story of Autism – John Donvan & Caren Zucker (history of autism, controversies in the field)
- Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity – Edited by Emily Paige Ballou, Sharon da Vanport & Morenike Giwa Onaiwu (various essays from autistic writers on what they wish people knew about autism – mostly women and non-binary perspectives)
- Fall Down 7 Timed Get up 8: A Young Man's Voice from the Silence of Autism – Naoki Higashida (a follow up to The Reason I Jump written by the same author as an adult including his adult experiences)
- Special: Antidotes to the Obsessions that come with a Child's Disability – Melanie Dimmitt (great for parents of children with newly diagnosed disabilities in general, including autism)
- The Little Book of Autism FAQs: How to Talk with Your Child about their Diagnosis & Other Conversations – Davida Hartman (quick little guide with simple language for talking with your autistic child about autism)
- The Neurodiversity Edge: The Essential Guide to Embracing Autism, ADHD, Dyslexia, and Other Neurological Differences for any Organization – Maureen Dunne (written by a neurodivergent scientist and business leader for organizations, businesses, and companies)
- Divergent Mind – Jenara Nerenberg (written by a journalist exploring women with high sensitivity, ADHD, autism, synesthesia, and sensory processing disorder)
- The Autistic Burnout Workbook – Dr. Megan Anna Neff (fantastic workbook guiding on sensory self-care, masking, nervous system regulation, and creating a personal recovery plan)

Instagram Accounts:

- @theexpertally – Yulika Forman, PhD, LMHC * @spinsandstomps
- @dashakolesik
- @whileyouwonder
- @neurodivergent_lou
- @theautisticlife
- @mrsspeechiep – Andi Putt, SLP
- @nigh.functioning.autism – Tiffany Joseph
- @the.autisticats
- @sensory.slp – Jessie Ginsburg, SLP
- @meaningfulspeech – Alexandia Zachos, SLP

Contact: Ashley Crtalic, MS, CRC, LCPC (406) 969-8118 ashley@ashleycrtalic.com