



Autism Affirming Resources

Our colleagues at Speech Matters (<https://www.speechmattersslp.com/>) were kind enough to share these great resources with us.

Online

- [The Therapist Neurodiversity Collective](#)
 - Under the "Education" tab, they have a ton of documents and all of them are worth reading.
- [The Autism Self Advocacy Network \(ASAN\)](#)
 - specifically the page about key beliefs found [here](#)
- Any and all episodes of the [Two Sides of the Spectrum](#) podcast
 - More geared towards OTs but is always incredibly helpful for parents
- Content from the [blog](#) and [Instagram](#) feed of The Expert Ally.
- The [r/autism forum](#) on Reddit, especially any posts about [autism life hacks](#), for autistic parents
- [The PDA Society](#) - This website has tons of resources!
- Content from the following autistic creators on Instagram:
 - [@neurodivergent_lou](#)
 - [@livedexperienceeducator](#)
 - [@myautisticsoul](#)
 - [@neurodiversity_ot](#)



Books

Some books for adults:

- **Autistics on Autism: Stories You Need to Hear About What Helped Them While Growing Up and Pursuing Their Dreams** by Kerry Magro
- **The Reason I Jump** by Naoki Higashida
- **Uniquely Human: A Different Way of Seeing Autism** by Barry Prizant
- **Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity** by the Autistic Women and Nonbinary Network
- **Camouflage: The Hidden Lives of Autistic Women** by Sarah Bargiela

Some books for kids:

- **My Brother Otto** by Meg Raby
- **Different - A Great Thing To Be!** by Heather Avis
- **A Girl Like Tilly: Growing up with Autism** by Helen Bates
- **Why Johnny Doesn't Flap** by Clay & Gail Morton
- **Eli's Story: What Makes Me, ME!** by Tracey Lear
- **Too Sticky: Sensory Issues With Autism** by Jen Malia
- **Awesome Autistic Guide For Trans Teens** by Yenn Purkis & Sam Rose