

ADHD & Autism Resource Library for Families

Purpose

This resource library has been developed to support the families of, and children and young people with neurodevelopmental differences, including those with diagnosed or suspected Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD).

The resources may be helpful:

- while awaiting assessment for possible ASD and/or ADHD;
- following assessment, regardless of whether a diagnosis is made;
- following a diagnosis of ASD and/or ADHD; or
- whenever families would benefit from practical strategies to support common areas such as behaviour, emotional regulation, sleep, sensory differences, communication, eating, toileting, school attendance and wellbeing.

Families do not need to wait for a diagnosis before accessing these resources, and many of the strategies can be beneficial for any child experiencing similar difficulties.

The resources have been sub-sectioned as below, however there is overlap with many of the resources, so please do browse around.

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ADHD & Autism Resource Library

1. General Neurodevelopment Information

Autism

- **National Autistic Society** – Comprehensive information on autism, diagnosis, education, behaviour, communication and family life.
<https://www.autism.org.uk>
- **Autism Central** – NHS-funded peer education programme offering resources, webinars and one-to-one support for families.
<https://www.autismcentral.nhs.uk/resources>
- **Autism Unlimited (formerly Autism Wessex)** – Dorset-based support, activities and services. www.autism-unlimited.org
- **Ambitious about Autism** – Information, education support and resources for autistic young people and families. <https://www.ambitiousaboutautism.org.uk/>
- **Beyond Autism** – Practical advice on emotional regulation, behaviour, communication and independence. www.beyondautism.org.uk/resource-hub/
- **Sheffield Children's Autism Support Hub** – Excellent NHS resource covering behaviour, sleep, eating, sensory needs, communication, puberty, education and family support. <https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/autism-home/autism-support/>

ADHD

- **Centre for ADHD & Autism Support** – Practical strategies for parents and carers. <https://adhdandautism.org/information/resources/parents/>
- **Transformation Partners ADHD Toolkit** – Free NHS guides for families. <https://www.transformationpartners.nhs.uk/programmes/mental-health-transformation/cyp-adhd-resources/>
- **Child Mind Institute** – Evidence-based information about ADHD, behaviour and executive functioning. <https://childmind.org/topics/adhd-attention-problems/>
- **ADDISS (National Attention Deficit Disorder Information and Support Service)** <https://www.addiss.co.uk/>

2. Dorset Local Services

- Autism Unlimited - www.autism-unlimited.org
- Dorset Nexus (Early Help) <https://www.dorsetnexus.org.uk/Page/13968>
- Dorset SENDIASS <https://www.sendiass.org/dorset-sendiass/>
- Dorset Youth <https://dorsetyouth.com/>
- University Hospitals Dorset Children's Therapy Resources <https://www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy>
- Recovery College Online – ADAPT (After Diagnosis of Autism Parent Support Training) <https://www.recoverycollegeonline.co.uk/courses/adapt/>
- Dorset Mind – Connected Minds <https://dorsetmind.uk/what-we-offer/young-people-services/young-people-groups/connected-minds/>
- Family Advice Line <https://www.dorsetcouncil.gov.uk/w/family-help-in-dorset>
- BCP Local Offer / Dorset Local Offer <https://www.dorsetcouncil.gov.uk/children-families/sen-and-disability-local-offer/dorsets-local-offer>

3. Behaviour & Emotional Regulation

- National Autistic Society – Behaviour <https://www.autism.org.uk/advice-and-guidance/behaviour>
- Beyond Autism – Emotional regulation <https://www.beyondautism.org.uk/blog/autism-and-emotional-regulation/>

- Centre for ADHD & Autism Support
<https://adhdandautism.org/information/resources/parents/>
- Child Mind Institute <https://childmind.org/guide/parents-guide-to-problem-behavior/>
- Dorset Nexus – Early Help <https://www.dorsetnexus.org.uk/Page/13968>
- Incredible Years Parenting Programme
<https://www.dorsetcouncil.gov.uk/w/parenting-support-courses>

4. Sleep

- Cerebra Sleep Advice Service <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>
- The Sleep Charity <https://thesleepcharity.org.uk/information-support/children/children-with-send/>
- Teen Sleep Hub <https://teensleephub.org.uk/>

5. Sensory Differences

- University Hospitals Dorset Therapy Resources
<https://www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy>
- Dorset does not currently have a commissioned OT service, however please read Birmingham Community Paediatric OT sensory resources
<https://www.bhamcommunity.nhs.uk/paediatric-occupational-therapy-sensory/>
- Sensory Classroom <https://sensoryclassroom.org/>
- Sheffield Children's sensory resources
<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/>
- Book: *Understanding Your Child's Sensory Signals* – Angie Voss

6. Communication & Social Interaction

- National Autistic Society – Communication <https://www.autism.org.uk/advice-and-guidance/about-autism/autism-and-communication>
- National Autistic Society – Making Friends <https://www.autism.org.uk/advice-and-guidance/family-life-and-relationships/making-friends/parents-and-carers>
- Speech and Language UK <https://speechandlanguage.org.uk/>

7. Eating & Feeding

- University Hospitals Dorset Therapy leaflets <https://www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy>
- Patient Webinars (Fussy Eating) <https://patientwebinars.co.uk/condition/fussy-eating-in-children/>
- SOS Approach to Feeding <https://sosapproachtofeeding.com/>
- National Autistic Society – Eating <https://www.autism.org.uk/advice-and-guidance/behaviour/eating/all-audiences>
- Beat – ARFID <https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/>
- ARFID Awareness UK <https://www.arfidawarenessuk.org/>
- First Steps Nutrition Trust (*Healthy eating guidance*) <https://www.firststepsnutrition.org/>
- BEAT (Eating Disorders) <https://www.beateatingdisorders.org.uk/get-information-and-support/>

8. Toileting

- ERIC <https://eric.org.uk/>
- National Autistic Society – Toileting <https://www.autism.org.uk/advice-and-guidance/behaviour/toileting/parents>
- Bladder & Bowel UK <https://www.bbuk.org.uk/children-young-people/>
<https://www.bbuk.org.uk/children-young-people/resources-for-children/>

9. Education & School Support

General School Support

- National Autistic Society – Education <https://www.autism.org.uk/advice-and-guidance/school-education>
- National Autistic Society – Extra Help at School <https://www.autism.org.uk/advice-and-guidance/education/extra-help-at-school/england>
- Dorset SENDIASS <https://www.sendiass.org/dorset-sendiass/>
- IPSEA (*excellent additional resource for SEND law*) <https://www.ipsea.org.uk/Pages/Category/training>
- Contact (*excellent information on EHCPs and education*) <https://contact.org.uk/help-for-families/information-advice-services/education-learning/what-is-an-ehc-plan/>

Emotion Based School Avoidance (EBSA)

- National Autistic Society – Attendance Problems <https://www.autism.org.uk/advice-and-guidance/school-education/attendance-problems/parents>
- MHST Parent Webinar <https://forms.cloud.microsoft/pages/responsepage.aspx?id=sITDN7CF9Ueylge0jXdO4w-ATDhdIAFLinrNzy6it29UNjdXMFcxVVBEMTVRSE9TQ0JRR00yTEI4Ui4u&route=shorturl>
- Brighter Futures for Children EBSA <https://brighterfuturesforchildren.org/wp-content/uploads/2022/11/Families-Strategies-and-Toolkit-Final.pdf>
- Dorset Nexus EBSA Resources <https://www.dorsetnexus.org.uk/Page/42899>
- Oxfordshire School EBSA <https://schools.oxfordshire.gov.uk/sites/default/files/2025-05/EBSAschooltoolkit.pdf>

10. Mental Health & Wellbeing

- Dorset County Council and further excellent resources
<https://www.dorsetcouncil.gov.uk/children-families/youth-link/advice-and-guidance/advice-and-support-for-young-people>
- Mind <https://www.mind.org.uk/>
- Dorset Youth <https://dorsetyouth.com/mental-health>
- Connected Minds by Mind Dorset <https://dorsetmind.uk/what-we-offer/young-people-services/young-people-groups/connected-minds/>
- Every Mind Matters NHS <https://www.nhs.uk/every-mind-matters/>
- YoungMinds <https://www.youngminds.org.uk/>
- Kooth <https://www.kooth.com/>
- **Free Cognitive Behavioural Therapy (CBT) workbooks**
<https://www.cci.health.wa.gov.au/resources/looking-after-yourself>
- **Free Dialectal Behavioural Therapy (DBT) self-help resources**
<https://dbtselfhelp.com/>

11. Daily Living Skills

- Skills for Life videos <https://www.camhsnorthderbyshire.nhs.uk/helpful-videos-skills-for-life>
- University Hospitals Dorset Therapy Resources
<https://www.uhd.nhs.uk/visit/patient-information-leaflets/childrens-therapy>
- Beyond Autism independence resources
<https://www.beyondautism.org.uk/resource-hub/>
- Autism Speaks Life Skills <https://www.autismspeaks.org/life-skills-for-autism>

12. Puberty, Relationships & Sexual Health

- Autism Central – Puberty <https://www.autismcentral.nhs.uk/guidance/puberty>
- National Autistic Society – Socialising and Relationships
<https://www.autism.org.uk/advice-and-guidance/family-life-and-relationships>

- National Autistic Society – Sex Education <https://www.autism.org.uk/advice-and-guidance/family-life-and-relationships/sex-education>
- Sexual Health Dorset <https://sexualhealthdorset.org/>
- Brook (*excellent addition for teenagers*) <https://www.brook.org.uk/>

13. Tics & Tourette Syndrome

- Tourette's Action <https://www.tourettes-action.org.uk/>
- NHS information on tics <https://www.nhs.uk/conditions/tics/>
- CAMHS Tics and Tourette's Syndrome <https://camhsdorset.org/about-camhs/what-can-we-help-with/tics-and-tourettes>
- Healthier Together Tics and Tourette's Syndrome <https://www.healthiertogether.nhs.uk/child-under-5-years/tics-and-tourettes-syndrome>

14. Trauma, Attachment & Kinship

- Beacon House <https://beaconhouse.org.uk/resources/>
- Kinship for Carers <https://kinship.org.uk/>
- Anna Freud Centre <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/>
- NSPCC Trauma Resources <https://learning.nspcc.org.uk/>
- Young Minds – Trauma https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/trauma/?gad_source=1&gad_campaignid=22800834165&gbraid=0AAAAADk6C8ddGuDJpnfXsnr0J6Zu84A32&gclid=CjwKCAjwx7LSBhB3EiwAjjcodxFd3Rbh3ZO5rgD-mn0l4OJ_7tpTzunle2QvNURa5kQl3Kb8vh13t3hoCpDcQAvD_BwE
- Dorset Youth <https://dorsetyouth.com/mental-health>

15. Parent Education, Courses, Webinars & Podcasts

- Autism Central Events <https://www.autismcentral.nhs.uk/events>
- Recovery College Online – ADAPT (After Diagnosis of Autism Parent Support) Course <https://www.recoverycollegeonline.co.uk/courses/adapt/>
- CwRISE Parent Resources <https://cwrise.com/parent-and-carer-resources>
- ACAMH podcasts <https://www.acamh.org/publication-types/podcast/>
- MHST Dorset Webinars and Videos <https://camhsdorset.org/about-camhs/mental-health-support-teams-mhsts>
- Cerebra webinars <https://cerebra.org.uk/get-advice-support/webinars/>
- Early Help in Dorset <https://www.dorsetnexus.org.uk/Page/13968>

16. Resources for Young People

- NEN Self Advocacy Toolkit <https://www.nen.org.uk/resources/self-advocacy-toolkit>
- Ambitious about Autism <https://www.ambitiousaboutautism.org.uk/what-we-do/services/i-am-an-autistic-young-person/wellbeing-toolkits>
- Dorset Youth <https://dorsetyouth.com/young-person-homepage>
- Teen Sleep Hub <https://teensleephub.org.uk/>
- YoungMinds <https://www.youngminds.org.uk/young-person/>
- Know Yourself Series <https://www.autism.org.uk/advice-and-guidance/resources-for-autistic-teenagers>

17. Benefits, Finance & Practical Support

This is often one of the most useful sections for families.

- National Autistic Society – Benefits <https://www.autism.org.uk/advice-and-guidance/benefits-and-money/benefits/benefits-you-can-get/benefits-for-autistic-children>

- Contact <https://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/>
- Family Fund <https://www.familyfund.org.uk/>
- Disability Living Allowance information (Gov.uk)
- Carer's Allowance (Gov.uk)
- Dorset Young Carers Service <https://www.dorsetcouncil.gov.uk/w/dorset-young-carers-service>

18. Crisis & Urgent Support

- Family Advice Line:
 - Telephone: 01305 228558 (Mon-Fri 8am – 10pm, Sat/Sun 9am – 10pm)
 - Email: familysupportandadvice@dorsetcouncil.gov.uk
 - Out-of-hours emergencies: 01305 221000
- NHS 111 Mental Health
- Local CAMHS Crisis Team: 0800 652 0190
- Samaritans: Call 116 123 / <https://www.samaritans.org/>
- Shout 85258
- Emergency Services (999)

Additional Appendix

Books

Autism

- *The Complete Guide to Asperger's Syndrome* – Tony Attwood
- *Uniquely Human* – Barry Prizant
- *The Reason I Jump* – Naoki Higashida

ADHD

- *The ADHD Handbook* – Dr Stuart Shanker
- *Taking Charge of ADHD* – Russell Barkley

Autism and ADHD in Females

- *Women and Girls on the Autism Spectrum, Second Edition: Understanding Life Experience from Early Childhood to Old Age* – Sarah Hendrickx et al. (2024)
- *Understanding Girls with ADHD: How they feel and why they do what they do* – Kathleen Nadeau et al. (2015)

Sensory

- *Understanding Your Child's Sensory Signals* – Angie Voss

Behaviour

- *The Explosive Child* – Ross Greene
- *Raising Human Beings* – Ross Greene

Anxiety

- *Starving the Anxiety Gremlin* series