

Informational Books

Autism & ADHD

- Our Neurodivergent Journey: A Child Like Mine by Beatrice Moise
- Uniquely Human: A Different Way of Seeing Autism by Barry M. Prizant
- Neurotribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman
- The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain (published in hardcover as Neurodiversity) by Thomas Armstrong PhD
- Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed by Kelli Miller LCSW MSW
- Autism in Heels: The Untold Story of a Female Life on the Spectrum by Jennifer Cook O'Toole
- I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder by Cynthia Kim
- Divergent Mind: Thriving in a World That Wasn't Designed for by Jenara Nerenberg
- Very Late Diagnosis of Asperger Syndrome: Autism Spectrum Di...by Philip Wylie
- The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband by David Finch

ADHD & Marriage

- The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps by Melissa Orlov
- Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder by Edward M. Hallowell M.D. & John J. Ratey M.D.

ADHD Self-Help

- You Mean I'm not Lazy, Stupid, or Crazy?!: The Classic Self-Help Book for Adults w/ Attention Deficit Disorder by Kate Kelly

Sensory Books

- Understanding Your Child's Sensory Signals Sensational Kids
- The Out-of-Sync Child
- Raising a Sensory Smart Child

Informational YouTube Videos

1. ADHD
2. Autism Part 1
3. Autism Part 2
4. Behavior is Communication
5. Cohesive Parenting
6. Contacting a Professional
7. Discipline vs Punishment
8. Emotionally Regulated Child

9. Extracurricular Activities
10. Expectations & Frustrations
11. How to get children to respond
12. Lying
13. Negative Behaviors
14. Neurodiversity Masking
15. Parenting Boundaries
16. Reacting Vs Responding
17. Repetitive Behaviors
18. Sensory Issues
19. This too Shall Pass
20. What is Neurodiversity?
21. Will my child outgrow this?

Informational Websites

- Day-to-day Consistency in Positive Parent–Child Interactions and Youth Well-Being
- Sensory Processing
- Neuropsychological Evaluation
- Masking who you really are
- The reality of masking

Info on ADHD & Depression

- <https://www.webmd.com/add-adhd/depression-adhd-link>
- The Cognitive Benefits of Interacting With Nature
- <https://journals.sagepub.com/doi/abs/10.1111/j.1467-9280.2008.02225.x>
- The benefits of nature experience: Improved affect and cognition
- <https://www.sciencedirect.com/science/article/abs/pii/S0169204615000286>
- Green Time: A Natural Remedy for ADHD Symptoms
- https://www.additudemag.com/green-time-natural-adhd-remedy/?src=embed_ss

Info on Trauma

- <https://www.verywellmind.com/physical-pain-and-emotional-pain-22421>
- <https://www.psychologytoday.com/us/blog/lifetime-connections/202105/breaking-the-trauma-bond-forged-narcissistic-parents>
- <https://www.psychiatryfortworth.com/blog/signs-you-may-be-dealing-with-lingering-effects-of-childhood-trauma>

Info on Emotional Regulation

- <https://www.parentingforbrain.com/self-regulation-toddler-temper-tantrums/>
- <https://childmind.org/article/can-help-kids-self-regulation/>

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- <https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>

Info on Electronics

- Screen time for kids: How to create a stress-free routine
- An age-based guide to parental controls and internet safety for kids