

JOHN PENDAL: Coaching For People Who Feel Like Outsiders

Parenting Support

I'm not a parent, so the following suggestions have come from families where a parent or child is neurodivergent:

BOOKS

So, I'm Autistic: An Introduction to Autism for Young Adults and Late Teens by Sarah O'Brien

The Strengths-Based Guide to Supporting Autistic Children: A Positive Psychology Approach to Parenting by Claire O'Neill

A Different Way to Learn: Neurodiversity and Self-Directed Education by Naomi Fisher (*recommended if someone is struggling in school*)

Helen Edgar at Autistic Realms has some free and paid e-books available to help families at <https://www.autisticrealms.com/resources> - including *Autistic Burnout - Supporting Young People At Home & School*:

<https://www.autisticrealms.com/post/autistic-burnout-at-home-school>

FACEBOOK GROUPS

Autistic Parents UK – peer support for parents who are Autistic themselves, with children of any neurotype, living in the UK:

<https://www.facebook.com/groups/autisticparentsukpeersupport/>

Gentle parenting for autistic / ADHD / PDA children UK (and beyond) - A space for parents with neurodivergent children, who use gentle parenting methods:

<https://www.facebook.com/groups/207951976411320/>

<https://www.johnpendal.com>

johnpendalcoach@gmail.com

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PODCASTS

Square Peg Round Whole Podcast – a space to discuss diversity and how to embrace our neurodivergent kids at home, at school and in the work place:
<https://www.squarepegroundwhole.com.au/podcast>

The Yellow Ladybugs Podcast explores the world of autistic girls, women and gender diverse individuals, supporting you through those challenging moments, (including episodes on neurodivergent parenting).
<https://open.spotify.com/show/5VrHmhmRZlaWteWAVe8f7y>

ORGANISATIONS

Grove is a safe community for neurodivergent children and young people to connect through shared interests and experiences. Includes group programmes, individual mentoring and online social groups: <https://gr0ve.org/>

Outside The Box Sensory was started by Helen Daniel, to provide support for neurodivergent children. Including an online community, free downloads and a Facebook group. More info at <https://www.outsidetheboxsensory.com/>

The Autistic Girls Network – a registered charity offering support and information, (including on parenting). Their website is <https://autisticgirlsnetwork.org/> and Facebook group: <https://www.facebook.com/groups/198220980748417/>

A2ndvoice CIC specialises in providing autism-specific services to children, teenagers, and their families. They also do outreach to the Africa, Caribbean, Asian, and Minority Ethnic Communities (ACAME) and Dual Heritage Communities in tackling the taboos and myths around Autism: <https://www.a2ndvoicecic.co.uk/>

WEBSITES

Autism Understood – an excellent website explaining what autism actually is:
<https://autismunderstood.co.uk>

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We Are Like Your Child has provided a checklist of questions to address when trying to identify the source of and alleviate aggression on the part of an autistic child or adult: <https://wearelikeyourchild.blogspot.com/2014/05/a-checklist-for-identifying-sources-of.html>

Five neurodivergent affirming resources for younger children:
<https://ndconnection.co.uk/blog/5-neurodivergent-affirming-resources-for-younger-children>

A collection of resources why *Applied Behaviour Analysis* (ABA) and other 'behaviourism' therapies are harmful for neurodivergent children:
<https://stimpunks.org/why/behaviorism/>

Supporting your young person through autistic burnout:
<https://thinkingautismguide.com/2023/09/supporting-your-young-person-through-autistic-burnout.html>

TRAINING COURSES

I've taken part in Kieran Rose's course called *Inside of Autism*, which had lots of information for parents. (*Kieran is Autistic.*)

The course has now changed to a membership scheme, more info at <https://theautisticadvocate.com/ioamembership/>

They also run a course for autistic kids called *Neurobears*.
<https://theautisticadvocate.com/neurobears/>

PDA ('Pathological Demand Avoidance' or 'Pervasive Desire for Autonomy')

Kirsty Forbes has lots of information on her YouTube channel, especially around PDA: <https://www.youtube.com/@KristyForbes/videos>

The PDA Society has support for PDA people, parents and carers, and professionals: <https://www.pdasociety.org.uk/>

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SPECIAL EDUCATIONAL NEEDS

Not Fine in School - is a resource for the growing numbers of families with children experiencing school attendance barriers: <https://notfineinschool.co.uk/>

IPSEA "the leading charity in the field of SEND law in England, and we provide free and independent legal advice and support to families of children and young people with SEND": <https://www.ipsea.org.uk/>

No-Nonsense Guide to SEN Law: <https://www.matrixlaw.co.uk/wp-content/uploads/2023/03/Noddy-No-nonsense-Guide-to-SEN-law-2023-March-2.pdf>

SEND Family Instincts, open 365 days a year, supporting families and professionals to navigate the SEND system in the UK: <https://www.sendfamilyinstincts.com/>

Special Needs Jungle is a not-for-profit organisation:
<https://www.specialneedsjungle.com/>

Facebook group: *Education Otherwise Than At School* - supporting SEN Families:
<https://www.facebook.com/seNDSupport>

I hope that helps. Please send me a message if you'd like to chat further or there are other resources you'd like me to add.

Best wishes,
John Pendal

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