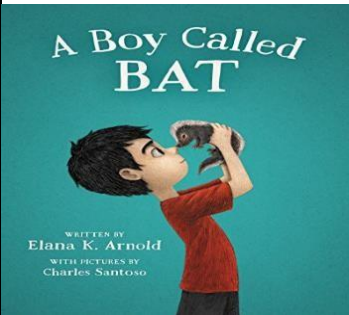
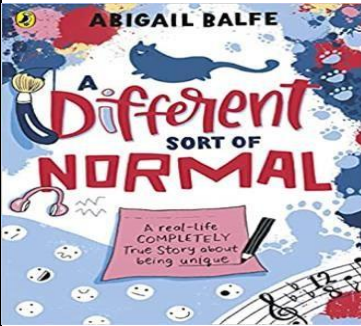
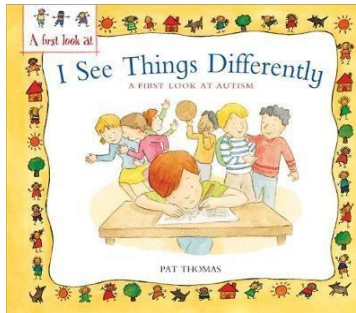
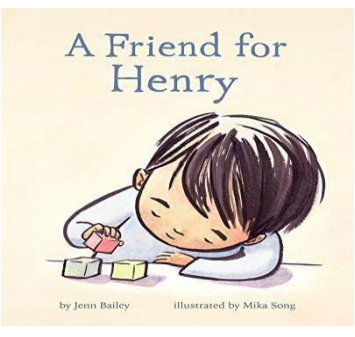
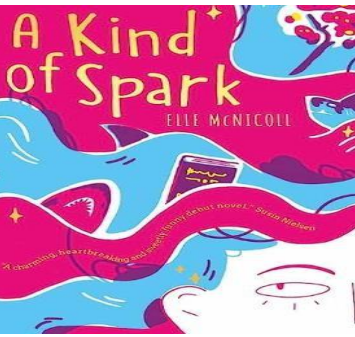
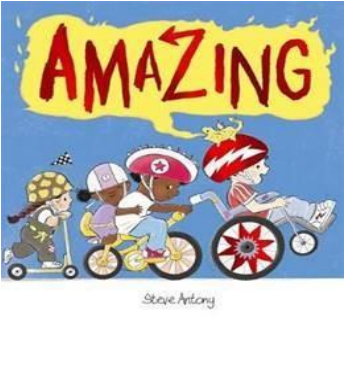
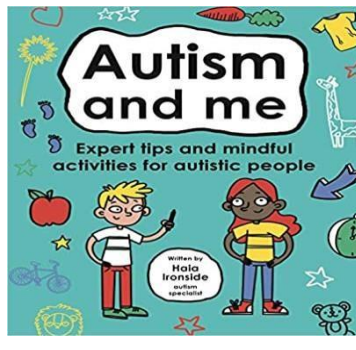
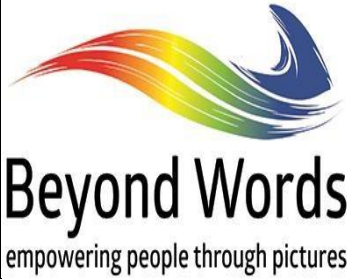

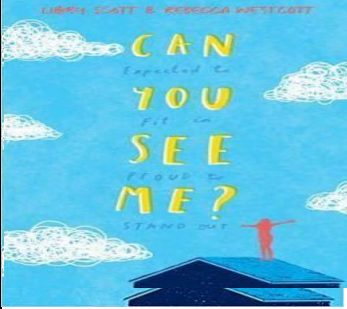



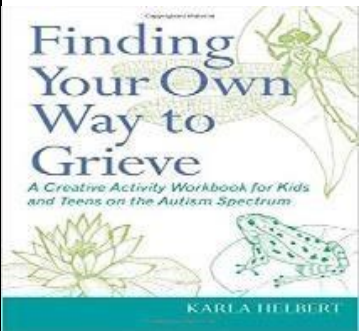
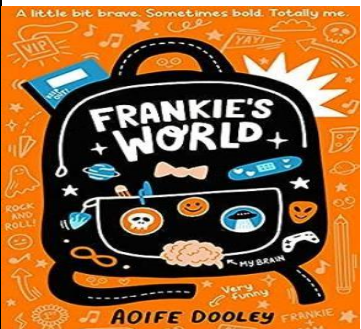
SEND Booklist

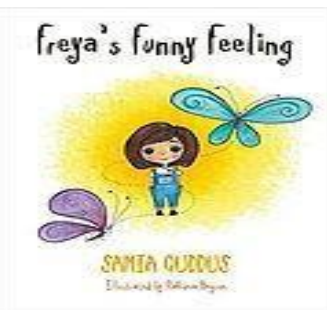

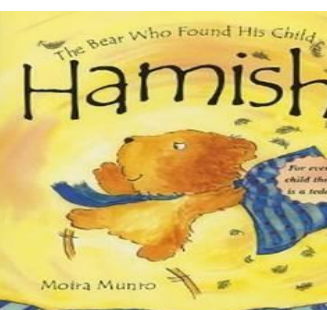
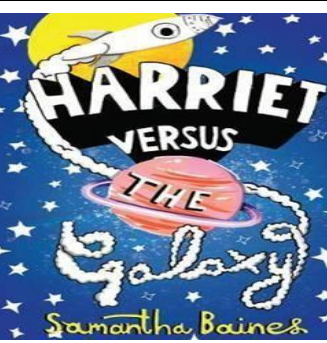
This booklist has been compiled by Suffolk's RSHE Association and covers EYFS - adult.

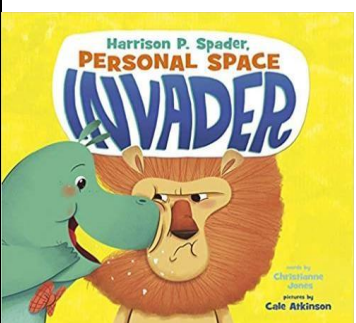
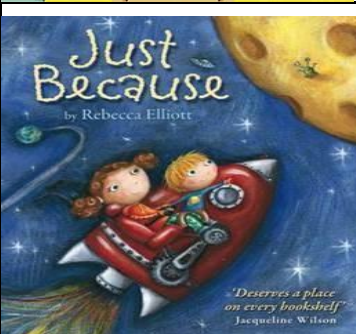

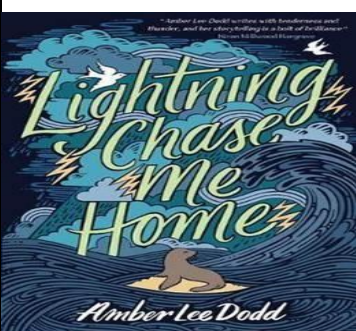
Book:		Topic area:	Description:	Age range:
<p>A boy called Bat - Elana.K.Arnold</p>		<p>Being inclusive</p>	<p>For Bixby Alexander Tam (nicknamed Bat), life tends to be full of surprises—some of them good, some not so good (starring a young boy on the autism spectrum). Today, though, is a good-surprise day. Bat's mom, a veterinarian, has brought home a baby skunk, which she needs to take care of until she can hand him over to a wild-animal shelter. But the minute Bat meets the kit, he knows they belong together. And he's got one month to show his mom that a baby skunk might just make a pretty terrific pet.</p>	<p>Unspecified</p>
<p>A different sort of normal - Abigail Balfe</p>		<p>Being me and self-esteem</p>	<p>The beautiful true story of one girl's journey growing up autistic - and the challenges she faced in the 'normal' world. I'm not like the other children in my class . . . and that's an actual scientific FACT. Hi! My name is Abigail, and I'm autistic. But I didn't know I was autistic until I was an adult-sort-of- person. This is my true story of growing up in the confusing 'normal' world, all the while missing some Very Important Information about myself. There'll be scary moments involving toilets and crowded trains, heart-warming tales of cats and pianos, and funny memories including my dad and a mysterious tub of ice cream. Along the way you'll also find some Very Crucial Information about autism. If you've ever felt different, out of place, like you don't fit in . . . this book is for you.</p>	<p>8 - 15 years</p>
<p>A First Look At: Autism: I See Things Differently - Pat Thomas</p>		<p>Being inclusive</p>	<p>This reassuring picture book explains what autism is in simple terms, helping children with siblings or classmates with autism understand what everyday life feels like from a child with autism's perspective. The superb A First Look At series consists of a number of information books that give advice and promote interaction between children, parents, and teachers on a wide variety of personal, social and emotional issues. They are excellent tools to encourage classroom discussions.</p>	<p>Primary</p>

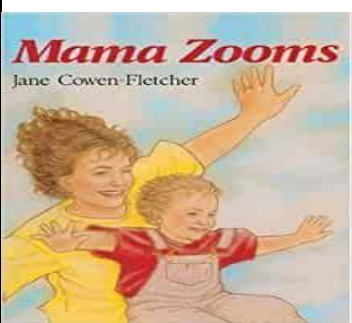
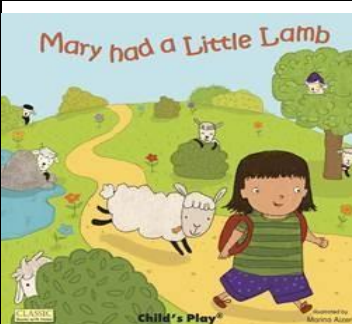
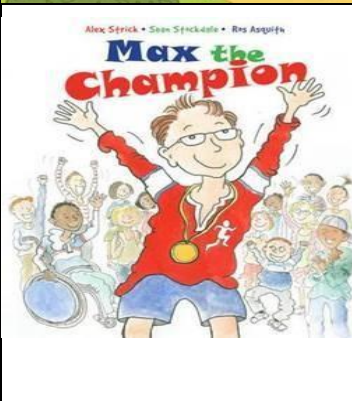
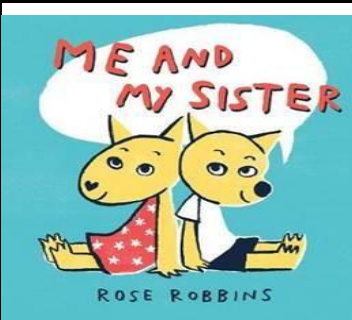
<p>A friend for Henry - Jenn Bailey</p>		<p>Friendships and social skills</p>	<p>In Classroom Six, second left down the hall, Henry has been on the lookout for a friend. A friend who shares. A friend who listens. Maybe even a friend who likes things to stay the same and all in order, as Henry does. But on a day full of too close and too loud, when nothing seems to go right, will Henry ever find a friend—or will a friend find him? With insight and warmth, this heartfelt story from the perspective of a boy on the autism spectrum celebrates the everyday magic of friendship.</p>	<p>Primary</p>
<p>A kind of spark - Elle McNicoll</p>		<p>Autism and being inclusive</p>	<p>This is a beautifully written book with a fascinating story behind it, and an insightful exploration of one girl's experiences of autism. The way that the messages of the book about acceptance and self- belief are intertwined with the story of the witches persecuted in Scotland is really clever. This book will help those children who may feel they are 'different', but also challenges all children to think carefully about how they treat those who they see as different to them. It's also a great story!</p>	<p>Primary</p>
<p>Amazing - Steve Antony</p>		<p>Being inclusive</p>	<p>Some children have cats. Some children have dogs. I have a dragon.' So begins the story of a little boy and his amazing pet. Through gloriously larger-than-life illustrations, we see the pair enjoying all sorts of activities – hide and seek with friends, dancing, going to the library, playing basketball, making music and raiding the fridge. Author-illustrator Steve Antony's past experience as a part- time support worker in an art college allowed him to get to know a number of disabled students, all of whom who clearly made a significant impression on him, inspiring the wheelchair in this book. Antony's very genuine understanding of the preconceptions that disabled people can encounter ensures that any messages are spot-on; the approach empowering, understated and unpreachy.</p>	<p>EYFS</p>

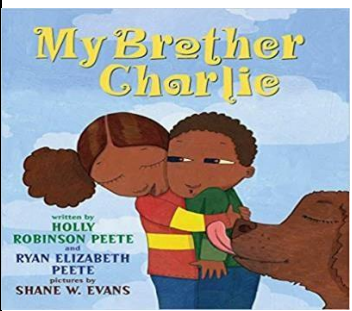
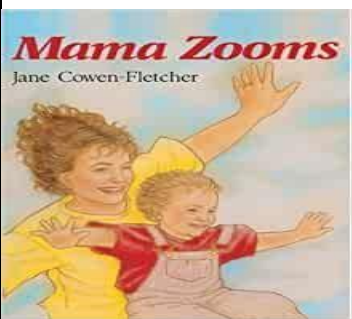
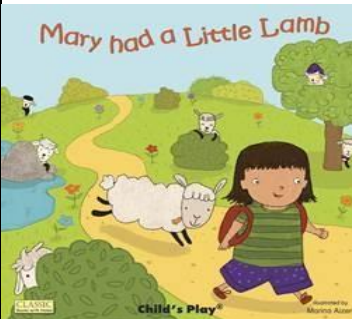
<p>Autism and me: Expert tips and mindful activities for autistic people - Haia Ironside</p>		<p>Being inclusive</p>	<p>You can share this book with important people such as family and friends. The activities in this book explore what it means to be autistic. It is full of fun activities including colouring, drawing and DIY. The activities are designed for autistic people and their friends and family to enjoy. Some ideas might be useful to practice outside of the book in real life, every day situations. There is also guidance for parents and caregivers. This book was written by Haia Ironside. Haia recently completed her master's degree in Autism Studies. She is also a teacher and has extensive experience working with autistic children and their families and caregivers.</p>	<p>Unspecified</p>
<p>Books Beyond Words series</p>		<p>Multiple topics</p>	<p>Books Beyond Words are award-winning wordless picture stories covering topics including physical and mental health, day to day lifestyle e.g. going to the dentist and relationships, abuse and trauma, grief and bereavement, employment, and criminal justice. Introducing wordless stories into the classroom can support pupils across various areas of the curriculum in both mainstream and special educational needs and disabilities (SEND) settings. Books Beyond Words are simple, accessible and flexible teaching resources, proven to engage children and support attainment whilst also developing their emotional wellbeing and resilience. https://booksbeyondwords.co.uk/</p>	<p>Unspecified</p>
<p>Bryan has dyslexia - Woody Fox</p>		<p>Being inclusive</p>	<p>Not knowing his left from his right, and his bad headaches are also adding to his problems. Then, with some help from Dr Spot and a specialist teacher, the cause is found to be dyslexia and a range of new and fun solutions help Brian understand the condition and overcome many of the challenges it brings. One of Jenny Leigh's excellent Doctor Spot series, the book is full of bright illustrations and contains a valuable advice section for adults at the back.</p>	<p>4+</p>
<p>Can you see me? - Libby Scott</p>		<p>Being me and self-esteem, Friendships and social skills, Transition & change</p>	<p>With diary entries written by eleven-year-old Libby Scott, based on her own experiences of autism, this pioneering book, written in collaboration with esteemed author Rebecca Westcott, has been widely praised for its realistic portrayal of autism. Tally is eleven years old and she's just like her friends. Well, sometimes she is. If she tries really hard to be. Because there's something that makes Tally not the same as her friends. Something she can't cover up, no matter how hard she tries: Tally is autistic. Tally's autism means there are things that bother her even though she wishes they didn't. It means that some people misunderstand, her and feel frustrated by her. People</p>	<p>Unspecified</p>

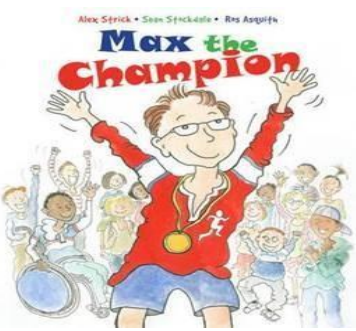
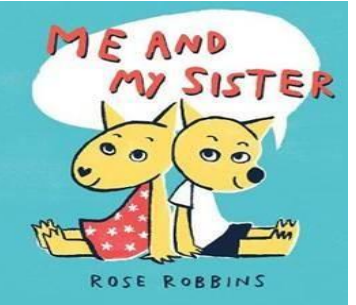
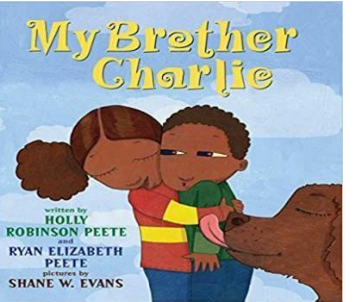
			think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears - and notices - all of it. And, honestly? That's not the easiest thing to live with.	
Contraception (Easy Read) - Healthy Suffolk/ACE Anglia and Thinklusive		Sexual health	In Suffolk, we have worked with individuals with learning disabilities, Ace Anglia and Thinklusive to create some easy-read booklets on sexual health. You will also find these booklets within our iCaSH Sexual Health clinics very soon! Click on our booklets below to find out more! (Please note if you would like to access PDF print-ready versions of the booklets, please email DASH@suffolk.gov.uk). Access here: www.healthysuffolk.org.uk/advice-services/adults/sexual-health-suffolk/public-information-and-support/easy-read-sexual-health	Older children and teens
Finding your own way to grieve - Karla Helbert		Bereavement and loss	Children and teenagers with autism can struggle to cope with the loss of a loved one, and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing. With illustrations throughout, this interactive book begins with a simple story about what happens when people die.	Unspecified
Frankie's world - Aoife Dooley		Autism and being inclusive	Frankie knows she's not like anyone else in her class: she's different, but she can't quite figure out why. Is it the new freckle on her nose, or the fact she's small for her age? Or that she has to go to the hospital sometimes? Everyone else seems to think she's weird too, and they make fun of her at school. Frankie's dad left when she was a baby - maybe he was different too? It would explain why she always feels like an alien. So she and her best-friend Sam, embark on a mission to track him down. A graphic novel offering a unique perspective on Autism, told with humour and heart. Brought to life with glorious colour artwork in a distinctive blue and orange palette.	9 - 14 years

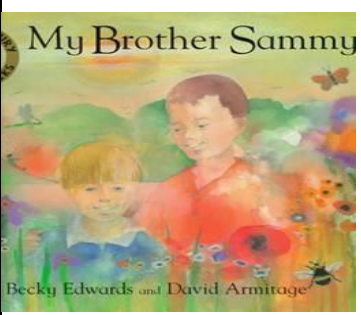
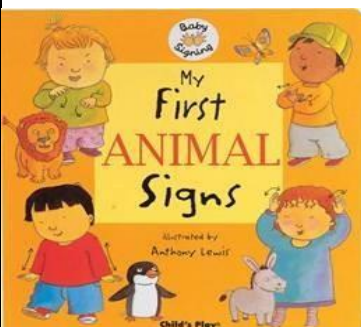
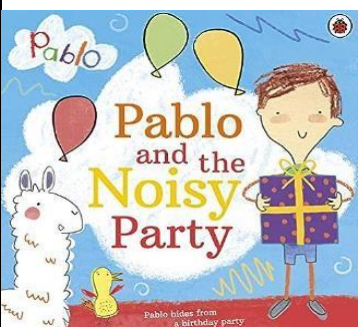
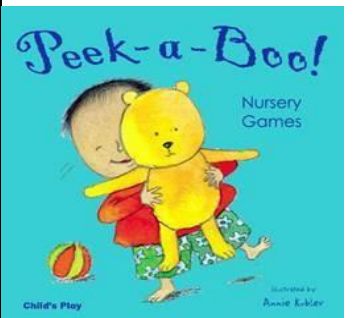
<p>Freya's funny feeling - Samia Quddus & Rahima Begum</p>		<p>Transition and change</p>	<p>"This book is a must for any environment involving children. It helps the reader deal with any situation where a child might feel uneasy or nervous. Beautiful illustrations and the perfect storyline. Freya is just charming and very relatable. A useful SEN tool too."</p>	<p>Unspecified</p>
<p>Friendship 5 and the Personal Space Bubbles: A story about personal space and consent - Nadia Dewji</p>		<p>Being safe and Friendship & social skills</p>	<p>Join the children of the friendship 5 as they learn about consent and personal space. When Riley is being too hands-on with Samuel during tag, Samuel gets angry. The Learning Rainbow appears and the children climb over to an imaginary land of giant bubbles. Watch as they play and find out the "rules" of personal space bubbles, and what it means to give someone your consent. Join the diverse, realistic and relatable children of the Friendship 5 on this social adventure.</p>	<p>Unspecified</p>
<p>Hamish: The bear who found his child - Moria Munro</p>		<p>Being inclusive</p>	<p>Wheelchair-using teddies (quite rightly) blend effortlessly into the landscape, as the toys have fun while the humans aren't looking in this book. Also recommended is the subsequent Hamish and the Missing Teddy.</p>	<p>5+</p>
<p>Harriett versus the galaxy - Samantha Baines</p>		<p>Being inclusive</p>	<p>When 10-year-old Harriet is rummaging under her bed hunting for her hearing aid, the last thing she expects to find instead is an alien. It's a sock-munching alien from planet Janet. But what is it doing under her bed? And could it be that this isn't the only intergalactic visitor? Perhaps Harriet's mild-mannered, tea-sipping, sock-knitting gran knows more about the alien invasion than she is letting on. It's not long before Harriet finds herself working alongside her gran to defend the human race from an array of extra-terrestrial characters, intent on stealing more than just socks. A rare and welcome example a female protagonist who just happens to be hearing impaired without this being the focus. Different family structures and gender identities (Harriet's new friend Robin is non-binary) are also incidentally included.</p>	<p>7+</p>

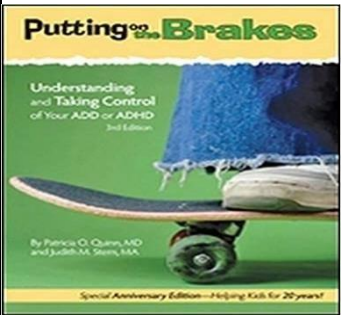
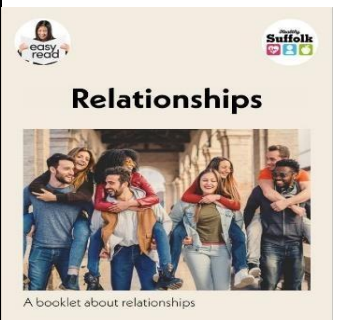
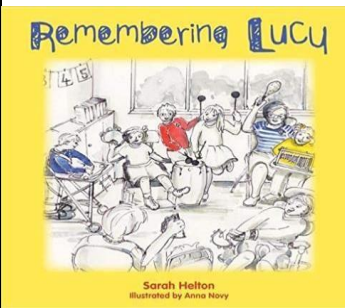

<p>Harrison P.Spader: Personal Space Invader - Christianne C.Jones</p>		<p>Being safe and Friendship & social skills</p>	<p>Harrison P. Spader sat a little too close. Shook hands a little too long. High-fived a little too hard. And hugged a little too much. Harrison P. Spader was a personal space invader. But that all changes when he learns the Space Saver rhyme: Arms out front, then out real wide. Now place your arms back by your sides. Author Christianne Jones uses humor and relatable situations to teach early learners about self awareness. This entertaining picture book in the Little Boost series will tackle a much-needed topic for teachers, parents, and librarians.</p>	<p>4 to 8 years</p>
<p>Just because - Rebecca Elliott</p>		<p>Being inclusive</p>	<p>Clemmie is severely disabled, but there is no sense of pity or pathos about the book, rather a feeling of equality and mutual appreciation and respect. All the things she cannot do (such as walking or talking) are described matter-of-factly alongside the fact that she can't cook macaroni or pilot a plane either. To Toby, she is definitely the best sister in the world – she's kind, she doesn't eat his crayons and she never pulls his hair like some big sisters do. Plus, they can fly to the moon together and she comforts him when there's a thunderstorm. Elliott (herself a parent of a disabled child) has succeeded in creating a book which is touching and yet not over-sentimental.</p>	<p>6+</p>
<p>Leo and the octopus - Isabelle Marinov</p>		<p>Being inclusive</p>	<p>Leo struggles to make sense of the world. He doesn't understand the other children in his class, and they don't seem to understand him. But then one day, Leo meets Maya. Maya is an octopus, and the more Leo learns about her, the more he thinks that perhaps he isn't alone in this world, after all. "The sensitive descriptions throughout the book of what it is like to have autism are accurate and perceptive on so many levels" (Professor Tony Attwood, author of Asperger's Syndrome: A Guide for Parents and Professionals).</p>	<p>7+</p>
<p>Lightening chase me home - Amber Lee Dodd</p>		<p>Friendships and social skills (bullying)</p>	<p>Amelia lives with her father, grandfather and dog in a weatherbeaten house on the small Scottish island of Dark Muir. It's an island steeped in myths and legends, and with a permanent sense of a storm brewing, no matter the season. On her eleventh birthday, and in island tradition, Amelia makes a wish on the mystical Serpent's Tooth Rock. Almost immediately, odd things begin to happen and it becomes apparent that her particular wish (to see her absent mother again) has awoken a strange and deeply powerful magic. Its appealing heroine wrestles with the challenges of dyslexia, a new school, an unpleasant bully and a grandparent with dementia, while ultimately trying to solve the mystery of Serpent's Tooth Rock.</p>	<p>9 to 12</p>

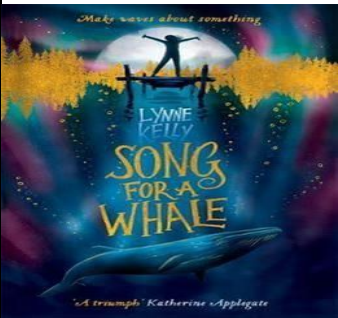
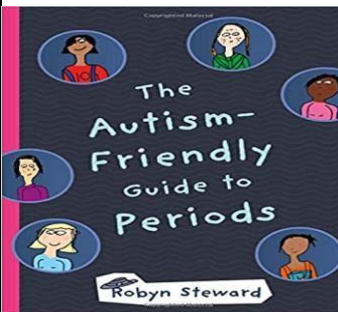
<p>Mama zooms - Jane Cowen-Fletcher</p>		<p>Families and people who care for me</p>	<p>A little boy takes great delight as he sits on his mother's zooming machine-her lap-in her wheelchair, and she becomes a train, a buckboard wagon, a spaceship, and other machines, in a story that addresses the issue of a disabled parent.</p>	<p>Unspecified</p>
<p>Mary had a little lamb - Marina Aizen</p>		<p>Being inclusive</p>	<p>Being inclusive isn't only about featuring disabled characters as heroes and protagonists, but also about simply including disability as part of the natural landscape of children's books. This lovely book is one of many by Child's Play, undeniable experts in creating delightful early years books which reflect the true diversity of society in a natural and uncontrived way. In this particular example, the cast of lively little characters happens to include a child with a hearing aid and another using a wheelchair (shown playing both in and out of her wheelchair).</p>	<p>4+</p>
<p>Max the champion - Sean Stockdale and Alexandra Strick</p>		<p>Being inclusive</p>	<p>Max the Champion is emphatically not about disability. It's about a boy who loves sport, his friends and school. Throughout the story, we are shown a diverse cast of characters. From people signing, a guide dog user to, a judge with a foreshortened arm, and a crowd member who has Cherubism and another who is oxygen dependent. We even discover part way through the book that Max wears a hearing aid and uses an asthma inhaler. Even Max's dream sequences are inclusive, with adaptive skiing and cycling equipment imagine – equipment which we're much more familiar with following the 2012 Paralympic Games. We're also shown people of varying heritage and culture, active older characters, girls and boys, men and women, all in equal roles.</p>	<p>5+</p>
<p>Me and my sister - Rose Robbins</p>		<p>Family Lives</p>	<p>Offering a suitably balanced picture, we also see both the high's and low's – even the squabbling and occasional sense of injustice, inevitable in any sibling dynamic. And reassuringly, we see that, ultimately, the relationship is one of mutual love. The book is based on Robbins' own experience of life with an autistic sibling. However, while certain aspects such as the meltdown at a bus stop or the disliking of hugs may perhaps ring particularly true within some families, there is no direct reference to autism in the text itself, allowing young readers to draw their own conclusions and relate the book to their own unique experiences. It offers any child</p>	<p>5+</p>

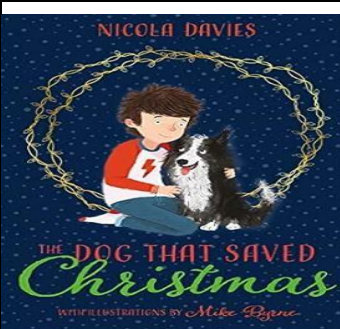
			an important reminder that there are always positive and negative aspects to a sibling relationship, any family structure, and indeed any friendship.	
My brother Charlie - Holly Robinson-Peete & Ryan Elizabeth Peete		Families and people who care for me	Charlie has autism. His brain works in a special way. It's harder for him to make friends. Or show his true feelings. Or stay safe. But as his big sister tells us, for everything that Charlie can't do well, there are plenty more things that he's good at. Actress and national autism spokesperson Holly Robinson Peete collaborates with her daughter on this book based on Holly's 10-year-old son, who has autism.	Unspecified
Mama zooms - Jane Cowen-Fletcher		Families and people who care for me	A little boy takes great delight as he sits on his mother's zooming machine-her lap-in her wheelchair, and she becomes a train, a buckboard wagon, a spaceship, and other machines, in a story that addresses the issue of a disabled parent.	Unspecified
Mary had a little lamb - Marina Aizen		Being inclusive	Being inclusive isn't only about featuring disabled characters as heroes and protagonists, but also about simply including disability as part of the natural landscape of children's books. This lovely book is one of many by Child's Play, undeniable experts in creating delightful early years books which reflect the true diversity of society in a natural and uncontrived way. In this particular example, the cast of lively little characters happens to include a child with a hearing aid and another using a wheelchair (shown playing both in and out of her wheelchair).	4+

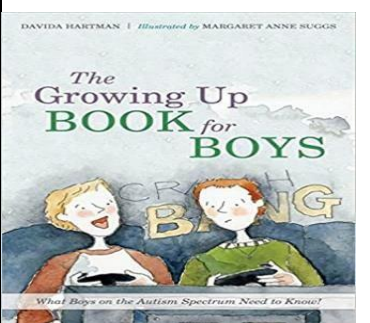
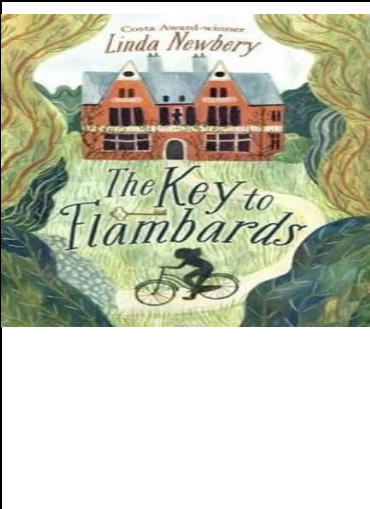
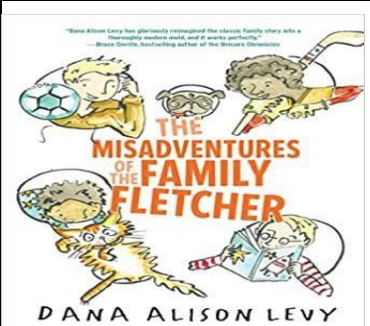
<p>Max the champion - Sean Stockdale and Alexandra Strick</p>		<p>Being inclusive</p>	<p>Max the Champion is emphatically not about disability. It's about a boy who loves sport, his friends and school. Throughout the story, we are shown a diverse cast of characters. From people signing, a guide dog user to, a judge with a foreshortened arm, and a crowd member who has Cherubism and another who is oxygen dependent. We even discover part way through the book that Max wears a hearing aid and uses an asthma inhaler. Even Max's dream sequences are inclusive, with adaptive skiing and cycling equipment imagine – equipment which we're much more familiar with following the 2012 Paralympic Games. We're also shown people of varying heritage and culture, active older characters, girls and boys, men and women, all in equal roles.</p>	<p>5+</p>
<p>Me and my sister - Rose Robbins</p>		<p>Family Lives</p>	<p>Offering a suitably balanced picture, we also see both the high's and low's – even the squabbling and occasional sense of injustice, inevitable in any sibling dynamic. And reassuringly, we see that, ultimately, the relationship is one of mutual love. The book is based on Robbins' own experience of life with an autistic sibling. However, while certain aspects such as the meltdown at a bus stop or the disliking of hugs may perhaps ring particularly true within some families, there is no direct reference to autism in the text itself, allowing young readers to draw their own conclusions and relate the book to their own unique experiences. It offers any child an important reminder that there are always positive and negative aspects to a sibling relationship, any family structure, and indeed any friendship.</p>	<p>5+</p>
<p>My brother Charlie - Holly Robintson- Peete & Ryan Elizabeth Peete</p>		<p>Families and people who care for me</p>	<p>Charlie has autism. His brain works in a special way. It's harder for him to make friends. Or show his true feelings. Or stay safe. But as his big sister tells us, for everything that Charlie can't do well, there are plenty more things that he's good at. Actress and national autism spokesperson Holly Robinson Peete collaborates with her daughter on this book based on Holly's 10-year-old son, who has autism.</p>	<p>Unspecifie d</p>

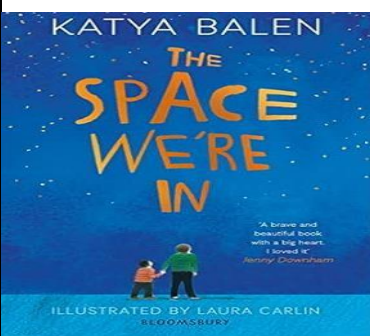
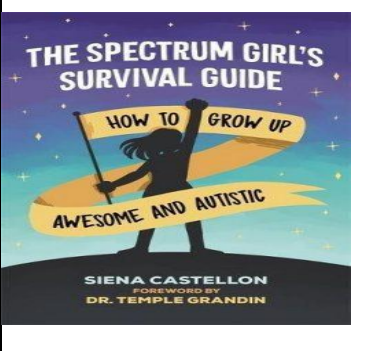
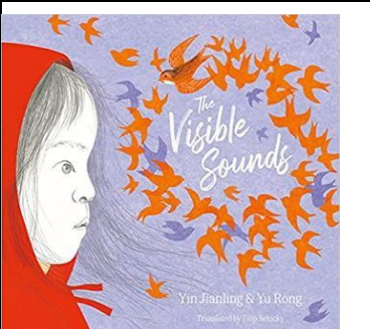
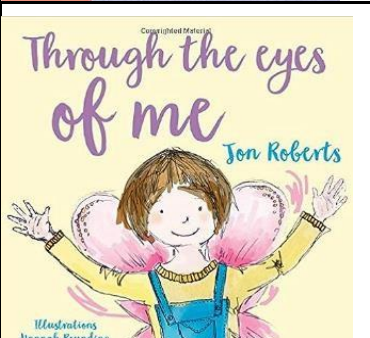
<p>My brother Sammy - Becky and David Armitage</p>		<p>Family lives</p>	<p>If only his brother was “normal”. Mum says that Sammy is “special” but the narrator doesn’t want a special brother. He describes a roller coaster of different feelings – loneliness and frustration, sadness and anger, embarrassment and guilt. With beautiful colour-wash artwork, this picture is a gentle, honest and ultimately positive look at life with autism.</p>	<p>6+</p>
<p>My first animal signs - Anthony Lewis</p>		<p>Being inclusive</p>	<p>One of the series of board books introducing useful words - delightful illustrations show children signing the words.</p>	<p>2 to 5</p>
<p>Pablo and the noisy party -</p>		<p>Autism and being inclusive</p>	<p>Pablo thinks differently! Pablo's mum takes him to his cousin Lorna's birthday party, but Pablo gets scared of the noisy party. Pablo hides in the car, and soon his friends come to join him. Pablo's friends help him realise that it's OK if he doesn't want to go to the party. This lovely and heartwarming story will help readers understand that not everybody thinks the same way, and that some people feel differently about parties. All Pablo books are written by writers on the autistic spectrum and are grounded in the real-life experiences of autistic children.</p>	<p>2 - 7 years</p>
<p>Peek-a-boo - Annie Kubler</p>		<p>Being inclusive</p>	<p>The exuberant characters include children on supported mats, a child with a leg splint and a parent with a hearing aid.</p>	<p>4+</p>

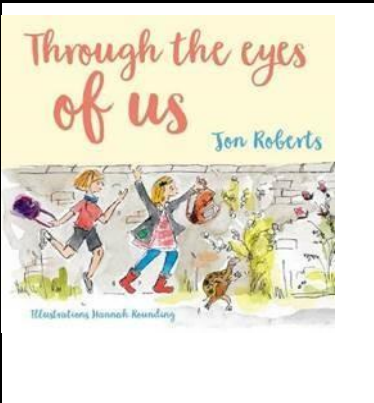
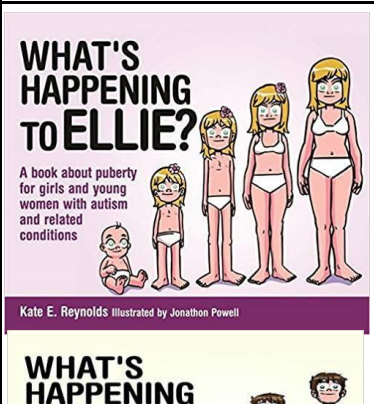
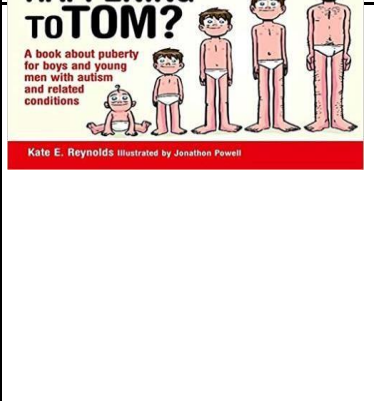
<p>Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD - Patricia.O.Quinn</p>		<p>Being me and self-esteem</p>	<p>Now in its 20th year of publication, Putting on the Brakes remains the essential go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. This third edition is updated and revised throughout with the latest info, resources, medication types, and glossary terms on ADHD. Written by two nationally recognized ADHD experts, Putting on the Brakes is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD the tools for success in and out of school and helps them to feel empowered to be the best they can be!</p>	<p>Unspecified</p>
<p>Relationships (Easy Read) - Healthy Suffolk/ACE Anglia and Thinklusive</p>		<p>Relationships</p>	<p>In Suffolk, we have worked with individuals with learning disabilities, Ace Anglia and Thinklusive to create some easy-read booklets on sexual health. You will also find these booklets within our iCaSH Sexual Health clinics very soon! Click on our booklets below to find out more! (Please note if you would like to access PDF print-ready versions of the booklets, please email DASH@suffolk.gov.uk). Access here: www.healthysuffolk.org.uk/advice-services/adults/sexual-health-suffolk/public-information-and-support/easy-read-sexual-health</p>	<p>Unspecified</p>
<p>Remembering Lucy: A Story about Loss and Grief in a School - Sarah Helton</p>		<p>Bereavement and loss</p>	<p>Children with SEND often experience grief at a much younger age than other children. This touching short story will help children with SEND aged 3+ understand feelings caused by death and loss, and the beautiful hand drawn illustrations help convey the complex experience of bereavement in a simple and clear way. This book is an ideal aid for teachers and support staff at SEND schools and colleges.</p>	<p>3+</p>
<p>Show us who you are - Elle McNicoll</p>		<p>Autism, ADHD and being inclusive</p>	<p>This story follows twelve-year-old Cora, who describes herself as autistic, as she befriends a boy called Adrien at a party that she never wanted to go to. A little unwilling at first, Cora is used to distrusting others and feels sure that Adrien's intentions are unlikely to be driven by genuine interest in her. In no time at all, Cora learns to trust Adrien, who confides in her about his own ADHD, and as the pair become close they enjoy each other's unquestioning acceptance and bond over their experiences of not quite fitting in at school.</p>	<p>Unspecified</p>

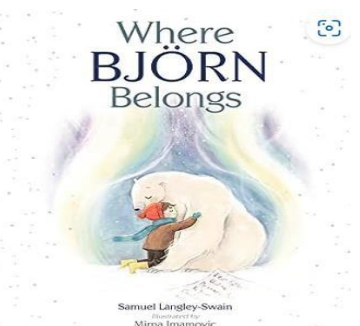
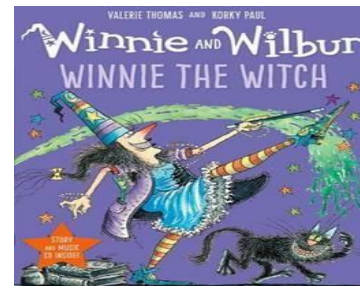
<p>Song for a whale - Lynne Kelly</p>		<p>Being inclusive</p>	<p>Iris is the only Deaf girl at school and finds school life tedious. Then, in science class, her curiosity is aroused when their teacher tells them about a baleen whale whose unique 55-hertz frequency means he cannot communicate with other whales. Iris is fascinated. Using her passion for old radio equipment, she is determined to try to help the lonely whale, named Blue 55. The author's 25 years of experience of sign language teaching and her connection with the Deaf community shine through. The book subtly offers up multiple examples of common frustrations experienced by Deaf children, without ever becoming forced or worthy.</p>	<p>8+</p>
<p>Speak up - Rebecca Burgess</p>		<p>Autism and being inclusive</p>	<p>The beautiful true story of one girl's journey growing up autistic and the challenges she faced in the 'normal' world. Abigail wasn't like the other children in the class at school. Abigail didn't know she was autistic until she was an adult. This is her true story of growing up in the confusing 'normal' world, all the while missing some Very Important Information about herself. There are scary moments involving toilets and crowded trains, heart-warming tales of cats and pianos, and funny memories including her dad and a mysterious tub of ice cream. Along the way you'll also find some Very Crucial Information about autism. If you've ever felt different, out of place, like you don't fit in - this book is for you.</p>	<p>8 - 12 years</p>
<p>Specs for Rex</p>		<p>Being inclusive</p>	<p>Rex doesn't like his new glasses. They are big and round and red and he's embarrassed to wear them at school, in case people laugh at him. Rex tries to hide them under his hair and inside his sandwich, he covers them with paint and even wraps toilet paper around his face, but it's no use. He is going to have to learn to love his specs. The simple text will undoubtedly prove handy when encouraging small children to embrace their need for glasses. However, this delightful picture book is far more than a simple advertisement for glasses. Ismail's bright painterly illustrations are full of life and have a wonderfully young appeal with their visible technique and textures. All in all, it's a perfectly judged story and visual treat that fills an important gap and yet has wide universal appeal.</p>	<p>4+</p>
<p>The autism friendly guide to periods - Robyn Steward</p>		<p>Growing up, puberty and sex</p>	<p>Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.</p>	<p>9 to 16</p>

<p>The black book of colours - Menina Cottin</p>		<p>Being inclusive</p>	<p>A visually impaired boy introduces us to colours as he experiences them – through his senses of hearing, touch, smell and taste - for example, yellow tastes like mustard but is as soft as feathers. It is hard to imagine how someone who is not sighted experiences the world, and this remarkable book certainly helps to broaden horizons and challenge some assumptions. Every page is black to avoid distraction, with the text brought to life by the tactile pictures, braille and of course the power of language and imagination. It is worth noting that the braille letters are probably not raised enough to be read by many blind readers. However this book represents a superb introduction to braille for those who are not visually impaired and the full braille alphabet is also included.</p>	<p>6+</p>
<p>The boy with the butterfly mind-</p>		<p>Family lives</p>	<p>Since her dad left, Elin has strived to be perfect. She has convinced herself that if she is the tidiest, the most helpful and the most hardworking she can possibly be, her dad will leave his "fake family" and come back to live with her and her mum. Jamie is chaotic, unpredictable and impulsive but is hoping that the move to America with his mum and her partner will give him the fresh start he thinks he needs. The depiction of ADHD is both sensitive and honest, and Williamson's qualifications and experience in working with children with additional needs are self-evident. A compelling and affecting book about acceptance, openness, mental health and the intricacy of family dynamics.</p>	<p>9+</p>
<p>The dog that saved Christmas - Nicola Davies</p>		<p>Autism, Dyslexia and being inclusive</p>	<p>Jake is different from the other kids at school. He struggles when routines change and people's emotions are so hard to understand. Christmas can be even worse and often the festivities are just too much to bear. But when Jake finds a little dog lost in the street he unlocks a connection he's never had before. Together Jake and Susan form a special bond that helps him to understand the world around him, changing his life for the better. Particularly suitable for struggling, reluctant or dyslexic readers aged 8+.</p>	<p>8+</p>
<p>The ding dong bag - Polly Peters</p>		<p>Being inclusive</p>	<p>Two friends set out to 'catch' a bag full of noise - from the clank of sticks on railings to the thud of baseball bats. The fast-moving and rhythmic text make this great book perfect for reading aloud, and a subtle arm splint on one of the boys is typical of Child's Play's inclusive approach to books.</p>	<p>5+</p>

<p>The growing up book for boys: What boys on the autistic spectrum need to know - Dan Hartman</p>		<p>Growing up, puberty and sex</p>	<p>The Growing Up Book for Boys explains the facts behind the growth spurts, body changes and mood swings of adolescence for boys aged 9-14 on the autism spectrum. Using direct literal language and cool colour illustrations, this book tells boys all they need to know about growing hair in new places, shaving, wet dreams and unexpected erections. It's full of great advice on what makes a real friend, how to keep spots away, and how to stay safe online.</p>	<p>9 to 14 - ASD</p>
<p>The key to flambards - Linda Newberry</p>		<p>Family lives and Being me and self-esteem</p>	<p>It's been a year of dramatic changes for Grace. She must now start to move on, accepting her parents' divorce and adjusting to her life with a prosthetic limb, following a car accident which resulted in a lower leg amputation. This summer, she's reluctantly left her home and best friend to spend the holidays at Flambards, a quiet countryside arts centre, where her mum is trying to breathe some life into a struggling business. Flambards is a stately home with some serious history – and Grace's family are direct descendants of the Russell family who used to own it. As she gradually gets to know the locals, she uncovers some mysterious secrets buried in the house's past. We see Grace assessing her attitude towards disability – and Newberry ingeniously explores the theme from different angles.</p>	<p>11+</p>
<p>The Misadventures of the Family Fletcher - Dana Alison Levy</p>		<p>Family lives</p>	<p>The start of the school year is not going as the Fletcher brothers hoped. Each boy finds his plans for success veering off in unexpected and sometimes disastrous directions. And at home, their miserable new neighbor complains about everything. As the year continues, the boys learn the hard and often hilarious lesson that sometimes what you least expect is what you come to care about the most.</p>	<p>9 to 12 years</p>

<p>The space we're in - Katya Balen</p>		<p>Autism and being inclusive</p>	<p>Frank is ten. He likes cottage pie and football and cracking codes. Max is five. He eats only Quavers and some colours are too bright for him and if he has to wear a new T-shirt he melts down down down. Sometimes Frank wishes Mum could still do huge paintings of stars and asteroids like she used to, but since Max was born she just doesn't have time. When tragedy hits Frank and Max's lives like a comet, can Frank piece together a universe in which he and Max aren't light years apart? This jaw-dropping, heartbreaking and hopeful novel from Katya Balen will remind you we are all made of stardust. For fans of thought-provoking, moving middle grade from Wonder to Skellig.</p>	<p>9 - 11 years</p>
<p>The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic - Siena Castellon</p>		<p>Being inclusive</p>	<p>From the answers to everyday questions such as 'Am I using appropriate body language?' and 'Did I say the wrong thing?', through to discussing the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads, award-winning neurodiversity campaigner Siena Castellon uses her own experiences to provide you with the skills to overcome any challenge. With practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying, The Spectrum Girl's Survival Guide gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.</p>	<p>Unspecified</p>
<p>The visible sounds - Yin Jianling</p>		<p>Being inclusive</p>	<p>Based on the true story of Chinese dancer Lihua Tai, The Visible Sounds tells the uplifting tale of a young child dealing with the frustration and solitude of hearing loss. Alone in silence, the child's life is changed forever when a chance touch unlocks a vibrant new world, now blazing with rainbows of visible sounds. It brings a message of hope and joy to children living with a disability and is an inspirational reminder that dreams can become reality.</p>	<p>Up to 7</p>
<p>Through the eyes of me - Jon Roberts</p>		<p>Autism and being inclusive</p>	<p>Jon Roberts' debut work for children is a sensitive portrayal of life as a child with Autism, narrated by 4-year old Kya, who guides readers through her likes and dislikes and all the nuances of her character. Utilising colourful text and illustration and inspired by his experiences of raising his own daughter with the condition, it is an ideal tool for encouraging an understanding of Autism for both children and their families.</p>	<p>5 - 7 years</p>

<p>Through the eyes of us - Jon Roberts</p>		<p>Being inclusive</p>	<p>Kya and Martha are like ‘two different colours sitting on a beautiful rainbow’. They are both on the autistic spectrum, but this certainly does not mean that they are the same. We see them both enjoying school, but, while Martha tends to be chatty and outgoing, Kya takes time to process questions and likes to quietly repeat words. At lunchtime, they enthusiastically devour their spaghetti, but with Martha clearly struggling to know when she is full. And at bedtime, while they both like routines, Kya just wants to keep on moving while Martha knows when she needs to get to sleep. Autism is a spectrum, and no two experiences are identical. Above all, it is a beautiful book, rich in its universal sense of childhood fun and friendship, as we witness two children’s affection for each other, their classmates and their families.</p>	<p>Unspecified</p>
<p>What's Happening to Ellie?: A book about puberty for girls and young women with autism and related conditions: 4 (Sexuality and Safety with Tom and Ellie) - Kate.E.Reynolds</p>		<p>Growing up, puberty and sex</p>	<p>Ellie notices that her body is changing. Hair is growing in new places and there are other changes happening too. Ellie's mum helps her understand that she has started growing into a woman.</p> <p>Following Ellie as she begins to notice changes to her body, this simple resource helps parents and carers teach girls with autism and related conditions about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as periods. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with girls and young women with autism or related conditions.</p>	<p>Unspecified</p>
<p><u>What's Happening to Tom?: A book about puberty for boys and young men with autism and related conditions: 1 (Sexuality and Safety with Tom and Ellie) Kate.E.Reynolds</u></p>		<p>Growing up, puberty and sex</p>	<p>Tom notices that his body is changing. Tom's voice is different and hair is growing in new places. There are other changes happening too. Tom learns that he has started growing into a man. Following Tom as he begins to notice changes to his body, this simple resource helps parents and carers teach boys with autism or other special needs about puberty. It covers all the changes that they will experience, both emotional such as new feelings and physical such as wet dreams. This fully illustrated positive and entertaining book provides the perfect opportunity to talk about puberty with boys and young men with autism or special needs.</p>	<p>Unspecified</p>

<p>Where Bjorn Belongs - Samuel Langley-Swain</p>		<p>Autism and being inclusive</p>	<p>A heartfelt Christmas story of friendship and belonging, centered around the unbreakable bond between a boy and a bear, with a message about sustainability at the heart. Due to his autism, Arctic-enthusiast Arthur does not like Christmas, the noise, the lights, and the crowds. He keeps his precious toy polar bear close for security, but after losing him and asking Father Christmas for a new one, he wakes up to find a REAL polar bear in his garden! Arthur names his new friend Björn, and in spite of his best efforts to keep him cold and happy, it soon becomes clear that he needs to help his friend return to where he belongs. Time for some more Christmas magic...</p>	<p>Unspecified</p>
<p>Winnie the witch - Valerie Thomas</p>		<p>Being inclusive</p>	<p>Winnie has a problem. She has a black house with black walls, black floors, black furniture and black fittings. Winnie's cat Wilbur is also black – and when he closes his eyes to sleep, Winnie cannot see him and treads on him. Her solution is to change the colour of Wilbur's fur so that he stands out better. However, it's not as simple as she has hoped and eventually (after lots of colour changing for poor Wilbur) she realises it is the house she needs to change. This simple story is ideal for discussing disability. It's particularly effective for explaining what is known as the Social Model of Disability – the idea that it is not the (disabled) individual who needs to change, but the environment/society.</p>	<p>4+</p>