



Yellow Gum

PSYCHOLOGY

Resources for Parents: Understanding Neurodivergence

Below is a collated list of resources to assist adults in understanding and supporting the neurodivergent children and young people in their world.

This list is collated from recommendations and is by no means exhaustive – please feel free to suggest additions or let us know if any of these sources are no longer operational or appropriate. While efforts are made to keep it up-to-date, no guarantees are made of the currency of links, content, or sources. Media will vary in their appropriateness for different ages – please ensure you review content yourself, and consider the individual needs of your young person before sharing resources.

We hope this list can be a helpful beginning in understanding neurodiversity that has something of relevance everyone, from the time-poor who wish to curate their media feed more purposefully, to the in-depth readers who work through every textbook. But remember no resource will replace the lived experience of your young person – they remain the expert on their own life.

Social Media and Websites

- Yellow Ladybugs ([website](#) / [facebook](#) / [instagram](#))
- Onwards and Upwards Psychology ([website](#) / [facebook](#) / [instagram](#))
- NeuroWild ([Instagram](#))
- "Ask Autistic Adults – Resource for Parents of Autistics" (Facebook Group)
- <https://thrivingwithadhd.com.au/>
- www.ADDitutemag.com
- www.spectrumnews.org
- www.ReframingAutism.org.au

Podcasts

- Yellow Ladybugs podcast: <https://podcasts.apple.com/au/podcast/the-yellow-ladybugs-podcast/id1611515609>
- The Neurodivergent Woman (<https://omny.fm/shows/the-neurodivergent-woman/parenting-neurodivergent-kids>)
- Divergent Conversations: A Neurodivergent Podcast (<https://www.divergentpod.com/blog>)
- Facts About Fast Brains podcast - for kids, run by kids (<https://factsaboutfastbrains.com/>)

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Yellow Gum PSYCHOLOGY

YouTube

- How to ADHD channel
- Russel Barkley series
- Chloe Hayden
- Hannah Gadsby
- The Aspie World

Children's Books

- Just Right for Me - Melanie Heyworth
- Some Brains: A Book Celebrating Neurodiversity - Nelly Thomas
- The Incredibly Busy Mind of Bowen Bartholomew Crisp - Paul Russell

Books (continued next page)

- The Explosive Child – Ross Greene
- Love Me, Love My ADHD
- The Rainbow Brain
- The Brain Forest
- NeuroTribes - Steve Silberman
- Different, not Less – Chloe Hayden
- Square Me, Round World – Chelsea Luker & Eliza Fricker
- Supporting Autistic Girls & Gender Diverse Youth – Yellow Ladybugs
- I Will Die On This Hill – Meghan Ashburn & Jules Edwards
- The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens – Yenn Purkis & Tanya Masterman
- A Different Sort of Normal – Abigail Balfe
- Speak Up! – Rebecca Burgess
- What I Mean When I Say I'm Autistic – Annie Kotowicz