

## Pathological Demand Avoidance Syndrome My Daughter Is Not Naughty

*Do you have Asperger's Syndrome or know someone who does? Are you looking for a reference guide about Asperger's in adults? Do you have questions you'd like to ask an expert in adult Asperger's? If your answer is Yes to any of these questions, this book is for you. Clinical psychologist and Asperger's authority, Dr. Kenneth Roberson, examines the often neglected area of Asperger's in adults, covering topics such as: What causes Asperger's Syndrome? Is it different in adults than it is in children? How can you find out if you have Asperger's? What are the advantages and disadvantages of a diagnosis? What therapy is best for adults who have Asperger's? Can adults with Asperger's change? Are there benefits to having Asperger's? Can adults with Asperger's have intimate relationships? Can they be successful parents? These and many other questions are covered in this important addition to the field of Asperger's as it occurs in adults. Resources and reference material about adult Asperger's are included, along with a feature allowing readers to ask questions of Dr. Roberson. Diagnosed with Pathological Demand Avoidance (PDA) in his teenage years, Harry Thompson looks back with wit and humour at the ups and downs of family and romantic relationships, school, work and mental health, as well as his teenage struggle with drugs and alcohol. By embracing neurodiversity and emphasising that autistic people are not flawed human beings, Thompson demonstrates that some merely need to take the "scenic route" in order to flourish and reach their full potential. The memoir brings to life Harry's past experiences and feelings, from his torrid time at school to the peaceful and meaningful moments when he is alone with a book, writing or creating YouTube videos. Eloquent and insightful, The PDA Paradox will bring readers to shock, laughter and tears through its overwhelming honesty. It is a turbulent memoir, but it ends with hope and a positive outlook to the future.*

*This guide for parents is a complete introduction to autism and anxiety. Drawing on the author's clinical experience working with children and their families, it provides parents and carers with everything they need to know to help support their child. It covers the basics such as what anxiety is, how it manifests behaviourally and why it is common in autism, before presenting CBT-informed practical strategies for managing a common range of anxieties: separation, social, performance, phobias, and generalised anxiety. It also has chapters dedicated to related behaviours including Pathological Demand Avoidance (PDA) and advice on managing meltdowns. This is a clear, concise and practical guide that answers any questions that parents and carers might have about anxiety and provides support strategies to help children with autism manage a range of anxieties.*

*Suitable for parents, teachers and caregivers of youngsters with autistic spectrum disorders, this book offers practical strategies for preventing or managing the sorts of challenging behaviour most likely to be encountered. It also offers a step by step framework that enables readers to devise their own solutions.*

*What Boys on the Autism Spectrum Need to Know!*

*Diagnosis, Intervention and Family Support*

*Making Sense, Making Progress : a Guide to Preventing and Managing Challenging Behaviour for Parents and Teachers*

*The Growing Up Book for Boys*

*The Parents' Guide to ADHD Medicines*

*The Family Experience of PDA*

*Managing Anxiety in Children Including Those with Asperger Syndrome*

*Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are--these are what Deborah Reber is calling the "differently wired" kids, the one in five children with ADHD, dyslexia, Asperger's, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard--struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what's normal, what's not, and how to handle it all. But now there's hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger's, and is highly gifted), Differently Wired is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion. On the one hand it's a book of saying NO, and how it's time to say no to trying to fit your round-peg kid into society's square holes, no to educational and social systems that don't respect your child, no to the anxiety and fear that keep you from saying YES. And then it's a book of YES. By offering 18 paradigm shifts--what she calls "tilts"-- Reber shows how to change everything. How to "Get Out of Isolation and Connect." "Stop Fighting Who Your Child Is and Lean In." "Let Go of What Others Think." "Create a World Where Your Child Can Feel Secure." "Find Your People (and Ditch the Rest)." "Help Your Kids Embrace Self-Discovery." And through these alternative ways of being, discover how to stay open, pay attention, and become an exceptional parent to your exceptional child.*

*A coming-of-age story about learning to celebrate yourself -- and teaching the world to recognize you, too -- perfect for fans of R. J. Palacio's Wonder! This glimpse into the world of a young autistic girl is astonishingly insightful and honest. Tally's struggles to 'fit in' are heart-wrenching, and her victories are glorious." -- Ann M. Martin, Newbery Honor and New York Times bestselling author of Rain ReignTally is dreading about sixth grade:-- Being in classes without her best friends-- New (scratchy) uniforms-- Hiding her autismTally isn't ashamed of being autistic -- even if it complicates life sometimes, it's part of who she is. But this is her first year at Kingswood Academy, and her best friend, Layla, is the only one who knows. And while a lot of other people are uncomfortable around Tally, Layla has never been one of them . . . until now.Something is different about sixth grade, and Tally now feels like she has to act "normal." But as Tally hides her true self, she starts to wonder what "normal" means after all and whether fitting in is really what matters most.Inspired by young coauthor Libby Scott's own experiences with autism, this is an honest and moving middle-school story of friends, family, and finding one's place.*

*Pathological Demand Avoidance (PDA) presents a unique challenge for professionals, whereby conventional therapy methods are often perceived as demands and met with opposition where they normally would have proven effective. This guide sets out the most effective strategies for clinicians to provide the best care for children with PDA, adapting conventional modes of therapy to suit their needs. Methods include indirect techniques such as play-based therapy or trauma-informed approaches enabling the child to process their experiences on their own terms. With additional guidance for supporting the families of patients and addressing common obstacles, this book provides understanding and guidance for professionals making a difference to the lives of children with PDA.*

*My Autism Book is a beautifully illustrated picture book that helps parents to explain an autism diagnosis to their child in a sensitive, positive and accurate way. When a child is diagnosed with an Autism Spectrum Disorder (ASD), parents often feel overwhelmed and uncertain about how to communicate the diagnosis to their child. This book is designed to be read with the child as a simple introduction to their diagnosis. Written by a doctor and a children's author, the book is tailored precisely to the needs and experiences of the child with ASD aged 5 and up. It explains what an autism diagnosis means and encourages an exploration of the child's likely strengths and differences using clear language that speaks directly to the child. The colourful pictures throughout show how the world looks from the child's perspective and the book ends with a summary checklist to encourage the child to record and discuss how autism affects them.*

*Adult Asperger's Syndrome*

*Me and My PDA*

*A Child's Guide to their Autism Spectrum Diagnosis*

*Declarative Language Handbook*

*Girls and Autism*

*Can I Tell you about Pathological Demand Avoidance syndrome?*

*The Disappointment Dragon*

This updated edition of the bestselling All Cats Have Asperger Syndrome provides an engaging, gentle introduction to autism. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.

Educational environments can present challenges for children with Pathological Demand Avoidance (PDA), who require different strategies than children with a more straightforward presentation of autism, and schools frequently find themselves struggling to meet their complex needs. In this guide PDA experts Ruth Fidler and Phil Christie outline effective strategies for supporting pupils with PDA in education settings. Including a useful overview of PDA, this book outlines the impact of this diagnostic profile on learning, and explains why Collaborative Approaches to Learning is such a successful method for supporting pupils with PDA. It shows how teaching professionals can get started with this approach, with advice for implementing key strategies to overcome common challenges. The book also includes information on creating PDA-friendly learning environments, helping pupils to develop long-term social and emotional resilience. With hand downloadable resources, valuable information on supporting the wellbeing of adults who work with children with PDA, this is an essential resource for teaching and support staff in mainstream and special education schools.

Discover the emotionally gripping and uplifting page-turner that will put a smile on your face 'Heart-breaking and full of hope' WOMAN & HOME 'Wonderful, compassionate, unpredictable' GRAEME SIMSION, author of THE ROSIE PROJECT 'I genuinely couldn't recommend Saturdays At Noon enough' 5\*\*\*\*\* READER REVIEW \_\_\_\_\_EMILY JUST WANTS TO KEEP THE WORLD AWAY. After getting into trouble yet again, she's agreed to attend anger management classes. But she refuses to share her deepest secrets with a room full of strangers. JAKE JUST WANTS TO KEEP HIS FAMILY TOGETHER. He'll do anything to save his marriage and bond with his six-year-old son, Alfie. But when he's paired with spiky Emily, he wonders whether opening up will do more harm than good. The two of them couldn't be more different. Yet when Alfie, who never likes strangers, meets Emily, something extraordinary happens. COULD ONE SMALL BOY CHANGE EVERYTHING? \_\_\_\_\_Totally loveable and completely unforgettable! CLAIRE POOLEY 'I loved this book' KATIE FFORDE Readers LOVE Saturdays at Noon . . . the characters jump off the page and pull you immediately into their world' 5\*\*\*\*\* Reader Review 'This book was FANTASTIC.

What's the reality about it? 5\*\*\*\*\* Reader Review 'Outstanding! I have goosebumps typing this review. . . The story telling is the best I have read in a long time' 5\*\*\*\* Reader Review Longlisted for the Guardian's 'Not The Booker' prize! This reassuring guide explains prescribed ADHD medications for children in clear, everyday language. Based on questions the author has received from countless families in his work as a Consultant Psychiatrist, the expert information in this book answers the most pressing questions a parent will have about ADHD medicines: how they work, what they do, what is available and how to talk about them to your children. This book sheds light on why not all medicines are easily available, the differences between certain medications and their level of effectiveness, all based on scientific evidence. This information will support parents in discussions with medical professionals, explaining the practicalities and demystifying the terminology around medication and treatments. The book also provides insights into the decisions behind prescribing certain medicines and how they should be taken. Armed with this guide, parents - as well as teachers and others working with kids with ADHD - can feel confident and assured when their child is prescribed treatments for ADHD.

*Essential Strategies for the Classroom*

*Pathological Demand Avoidance Explained*

*Can You See Me?*

*A Guide to Pathological Demand Avoidance for Young People*

*The Panicosaurs*

*The Teacher's Introduction to Pathological Demand Avoidance*

*It's a Panda Thing: A Visit to the World of PDA*

*If you reading a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school.' -Professor Tony Attwood 'Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories (TM), for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work.' -Teri Wiss, M.A., O.T.R./L, Director of Development is CHILD'S PLAY! Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating - but they don't have to be! Why do I have to? looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Lenthal-Berfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.*

*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. The pre-teen and teenage years are a confusing time when bodies start acting with a will of their own, friendships change and crushes start to develop. Using direct literal language and cool colour illustrations, this book tells boys all they need to know about growing hair on their faces, 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. Most importantly, it explains that every body is amazing and unique and encourages young boys with autism to celebrate difference!*

*In this sequel to Can You See Me?, Libby Scott and Rebecca Westcott return with another heartwarming and eye-opening story of friendship and middle school, inspired by Libby's own experiences of autism. Everyone else in Tally's grade seems excited for their class trip... And she knows she is supposed to be too. Ever since her classmates found out she is autistic, Tally has felt more comfortable being herself. But the end-of-year trip will be an entire week -- her longest overnight trip ever. How will she sleep? What about all the bugs? What will her dog, Rupert, do without her at home?Though she decides she doesn't want to miss out, bad news strikes as soon as she arrives: She isn't bunking with her friend Aleksandra. Instead, she is rooming with her former friends and two girls from a neighboring school -- who both reject Tally on day one.Tally isn't sure she'll ever make new friends. And how will she survive for so long away from home?Told through a mix of prose and diary entries, this authentic and relatable novel is about finding your people, and learning what it takes to be a true friend.*

*Diagnosed with Pathological Demand Avoidance (PDA) at aged 12 and writing this memoir at age 37, Julia Daunt depicts the ins and out of PDA and its symptoms, while maintaining a positive outlook on what is possible to achieve. Co-written with professional specialist Ruth Fidler, it covers how PDA impacts Julia's life, including meltdowns, sensory issues and communication in relationships. Including examples of school reports and handwritten letters, a chapter written from Julia's partner's perspective and even an example of Julia's favourite recipe, this warm and personal look at*

*living and thriving with PDA is informative and inspiring.*

*The PDA Paradox*

*PDA by PDAs*

*Super Shamal - Living and Learning with Pathological Demand Avoidance*

*The Awesome Autistic Go-To Guide*

*Super Shamal*

*Do You Know Me?*

*A Guide to Mental Health Issues in Girls and Young Women on the Autism Spectrum*

*"To think of PDA as merely involving demand avoidance is to me akin to thinking of tigers as merely having stripes." This book is a unique window into adult Pathological Demand Avoidance (PDA), exploring the diversity of distinct PDA traits through the voices of over 70 people living with and affected by the condition. Sally Cat, an adult with PDA, has successfully captured the essence of a popular online support group in book form, making the valuable insights available to a wider audience, and creating a much-needed resource for individuals and professionals. Candid discussions cover issues ranging from overload and meltdowns, to work, relationships and parenting. This is a fascinating and sometimes very moving read.*

*Meet Issy - an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum. Issy invites readers to learn about PDA from her perspective, helping them to understand how simple, everyday demands can cause her great anxiety and stress. Issy tells readers about all the ways she can be helped and supported by those around her. This illustrated book is for readers aged 7 and upwards, and will be an excellent way to increase understanding about PDA in the classroom or at home. It also includes practical tips and recommended resources for parents and professionals.*

*Do you avoid things you want to do? Or resist every day demands like tooth brushing, that seem small to other people? Do you make sure no one sees how anxious you are?It might be PDA.What is PDA? What does it feel like? What does it involve?PDA stands for 'pathological demand avoidance'. It describes a neurotype (type of brain) which is classed as part of the autism spectrum. There's more to PDA than avoiding things. This book describes what PDA is using simple words and pictures.Author and illustrator Sally Cat is an adult PDA author, artist and blogger. She has posted hundreds of graphic memes describing PDA on her popular Facebook page. This book uses the same format to communicate the lived experience of the condition in an easy to understand way via 75 memes. The topics covered are PDA avoidance, control-need, anxiety, intolerance of uncertainty, social mimicry & masking, emotions, overload, meltdown & shutdown, school and adult life.Royalties for the book are donated directly to PDA Society.*

*Often thought of as a predominantly "male" disorder, autism has long gone unidentified, unnoticed and unsupported in girls - sometimes with devastating consequences for their social and mental well-being. As current research reveals a much more balanced male-to-female ratio in autism, this book provides crucial insight into autistic girls' experiences, helping professionals to recognize, understand, support and teach them effectively. Drawing on the latest research findings, chapters consider why girls have historically been overlooked by traditional diagnostic approaches, identifying behaviours that may be particular to girls, and exploring the "camouflaging" that can make the diagnosis of autistic girls more difficult. Chapters emphasize both the challenges and advantages of autism and take a multifaceted approach to encompass contributions from autistic girls and women, their family members, teachers, psychologists and other professionals. The result is an invaluable source of first-hand insights, knowledge and strategies, which will enable those living or working with girls on the autism spectrum to provide more informed and effective support. Giving voice to the experiences, concerns, needs and hopes of girls on the autism spectrum, this much-needed text will provide parents, teachers and other professionals with essential information to help them support and teach autistic girls more effectively.*

*Understanding Pathological Demand Avoidance Syndrome in Children*

*Using a Thoughtful Language Style to Help Kids with Social Learning Challenges Feel Competent, Connected, and Understood*

*How to raise a happy autistic child*

*The Parents' Guide to Managing Anxiety in Children with Autism*

*An uplifting, emotional and unpredictable page-turner to make you smile*

*Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty*

*Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome)*

*'A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice; while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of The Reason I Jump 'A must-read for anyone with an autistic child in their life' Laura James, author of Odd Girl Out Written by Jessie Hewison, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder. It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. Autism looks at the condition as a difference rather than a disorder and includes guidance on:*

*What to do if you think your child is autistic - How to understand and support your child at school and at home - Mental health and autism - The differences between autistic girls and boys 'It is incredibly useful and informative, full of new research and interviews that put right an awful lot of misinformation. I cannot recommend this highly enough' The Sun 'Exceptionally useful and informative' Ura Trixi, Emeritus Professor of Cognitive Development, UCL*

*Eliza Walker gets it. Describing her perfectly in raising a PDA child, with societal judgements and internal pressures, it is easy to feel overwhelmed, resentful and alone. This book's comic illustrations explain these challenging situations and feelings in a way that words simply cannot, will bring some much-needed levity back into PDA parenting. Humorous anecdotes with a compassionate tone remind parents that they are not alone, and they're doing a great job. If children are safe, happy, and you leave the house on time, who cares about some smelly socks? A light-hearted and digestible guide to being a PDA parent covering everything from tolerance levels, relationships and meltdowns to collaboration, flexibility, and self care to dip in and out as your schedule allows to help get to grips with this complex condition. This book is an essential read for any parent with a PDA child, to help better understand your child, build support systems and carve out some essential self care time guilt free.*

*This book explores what it feels like to be a young person on the autism spectrum and looks at all the brilliant things people on the autism spectrum can do. Full of insights about being awesome and autistic, this book celebrates the strengths of understanding the world in a different way. It looks at all the reasons being you and thinking differently can be totally awesome! It also has tips for managing tricky situations such as meltdowns, sensory differences and anxiety. It includes fun activities and diary pages where you can write your thoughts and feelings to help you concentrate on your strengths and work on your challenges. This book helps you develop the confidence to be who you are and help you live life with as little stress and anxiety as possible.*

*The Essential Guide: Adult Aspergers, Aspergers in Adults, Adults with Aspergers*

*Differently Wired*

*PDA in the Therapy Room*

*Exposure Anxiety--the Invisible Cage*

*All Cats Are on the Autism Spectrum*

*Challenging Behaviour and Autism*

*From the bestselling author duo behind Can You See Me? comes this exceptional portrayal of autism diagnosis with diary entries by 12-year-old autistic author Libby Scott. Taking place before CAN YOU SEE ME? and DO YOU KNOW ME? this standout prequel follows Tally through her autism diagnosis in her final year of primary school.*

*This book addresses the specific mental health needs of girls and young women with autism spectrum disorder (ASD). Looking at the ways autism presents differently in girls than in boys, and the mental health conditions that occur most frequently in girls with ASD, this is the essential guide for clinicians and educators on tailoring interventions and support to meet girls' needs. Describing the current assessment process for autism diagnosis, the book explains why girls are under- or mis-diagnosed, leading to later mental health issues. It outlines the types of intervention that are particularly helpful for working with girls to reduce anxiety, improve social interaction skills, and manage self-harm. The book also covers how to manage eating disorders and feeding difficulties, focusing on working with girls with sensory processing difficulties. There is advice on how to deal with the emotional impact on parents, carers and families, and the challenges they face when negotiating appropriate psychological and educational support.*

*Anxiety, meltdowns and emotional regulation can be hugely challenging for autistic people. This book is full of proactive strategies for understanding, accepting and respecting the processing differences in autism. It contains tools for reducing sensory, social and mental drain, and offers strategies to protect from ongoing stress and anxiety. These help minimize shutdowns and burnout, while maximizing self-esteem, autistic identity and mental health. Learn strategies for matching environmental demands to the person's processing needs, how to support vulnerabilities, and how to prevent and manage meltdowns while protecting the identify and self-esteem of the individual with autism.*

*"Never be ashamed of being different: it is this difference that makes you extraordinary and unique." This essential go-to guide gives you all the advice and tools you'll need to help you flourish and achieve what you want in life. 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.*

*A Guide for Parents, Teachers and Other Professionals*

*A Practical Handbook for Autistic Teens and Tweens*

*Collaborative Approaches to Learning for Pupils with PDA*

*The Higgs and Lows of My Life on a Little-Known Part of the Autism Spectrum*

*Me Myself And ADHD*

*A Clinician's Guide to Working with Children with Pathological Demand Avoidance*

*An Exploration of Self-protection Responses in the Autism Spectrum and Beyond*

*Shamal the Camel finds it almost impossible to do all the normal, everyday things that the other camels do. Her first word was 'NO!' and this is still the word she repeats the most through every day. Luckily, Shamal's parents take her to a psychologist who explains that she has PDA, and gives her tips for how to live and learn with the syndrome. This simple, illustrated storybook will help children aged 7-11 with PDA to recognise its features, and develop tools to support them. A helpful introduction for parents and carers explains how it feels to live with the panic attacks and general anxiety that are caused by living with PDA, and the appendices at the back provide useful strategies to be adopted at school and at home.*

*This beautifully illustrated guide helps young people with Pathological Demand Avoidance (PDA) to understand their diagnosis, develop self-awareness and implement their own personalised problem-solving strategies. Written in consultation with young people with PDA and their families, this book recognises the importance of handing control back to the young person, and that there is no one-size-fits-all PDA profile. Readers are encouraged to engage throughout with interactive writing, doodling and checklist exercises to explore their own particular characteristics, strengths and challenges. Me and My PDA is sensitively tailored to the needs and experiences of young people (aged 10+) with PDA. The guide is designed to grow with the reader, and can be used for many years as the young person develops and changes - making it invaluable to PDA-diagnosed individuals and their families.*

*Do you know a child with social learning challenges? Do they struggle to see the big picture, be flexible, take the perspective of others, problem solve in real time, and/or read nonverbal communication? Do they have trouble connecting with others by sharing meaningful memories or making plans for the near and distant future? Is it hard for them to express their emotions calmly using language - often getting upset instead? These skills are needed in every interaction and social opportunity that we have in life, but for a child with social learning challenges, they can seem out of reach. Wouldn't it be great if there was a way that you could support growth in these areas for someone you care about? A method that was woven into everyday interactions and social opportunities? That is what this book is about. It's to help you, the person who cares deeply about someone with social learning challenges, use everyday incidental moments to teach and guide your child's social learning. You might be a therapist or a teacher, or you might be a parent, grandparent, or babysitter. This book was written to help you feel equipped to make a difference, simply by being*

*Jane Alison Sherwin's honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance (PDA). After years of misdiagnosis, Jane's daughter, Mollie, was diagnosed with PDA at the age of seven, and we follow her experiences pre and post diagnosis to age 10 as she attends school, interacts with the outside world and approaches adolescence. Throughout, Jane provides commentary on her daughter's behaviour and the impact it has on her family, explaining the 'why' of PDA traits, including the need for control, meltdowns, obsessive behaviour and sensory issues. She reveals the strategies that have worked for Mollie and provides essential advice and information on obtaining a diagnosis and raising awareness of PDA. The book also includes an interview with Mollie. Full of advice and support, and with a focus on understanding the child and how he or she sees the world, this book will be of immeasurable value to the parents and families of children with PDA as well as the professionals working with them, particularly teachers and teaching assistants, SEN co-ordinators, psychologists, outreach workers and social workers.*

*A Book for Children Who Find Themselves Frustrated by Everyday Rules*

*Educational, Family and Personal Perspectives*

*Why Do I Have To?*

*The Spectrum Girl's Survival Guide*

*Ways to Be Me*

*Being Julia - A Personal Account of Living with Pathological Demand Avoidance*

*Helping Your Child with PDA Live a Happier Life*

*Pathological Demand Avoidance is a little known 'flavour' from the Autistic Spectrum and can be tough for both parent and child. Characterised by extreme aversion to requests/ requirements and high levels of anxiety related behaviours - often uncomfortable and at times shocking - this book opens up a dialogue between parent and child about PDA.*

*This illustrated storybook explains Pathological Demand Avoidance Syndrome (PDA) through Shamal the Camel, and her avoidance of even the simplest task. It allows children with PDA to recognise and support their additional needs. A helpful introduction for parents/carers and appendices with strategies to be used at home and in school are included.*

*So here's the list of who needs to read this book, EVERYONE!!! Anyone 12+ who either has ADHD/ADD or has someone close to them with ADHD/ADD... That's parents, teachers, carers, relatives and friends ... And especially the school bully!!! Apart from the fact that this is an amazing achievement for someone with ADHD, it is also entertaining and 3 ADHD children later I was still coming across bits I didn't know.*

*This straightforward guide offers a complete overview of Pathological Demand Avoidance Syndrome (PDA) and gives practical advice for overcoming the difficulties it poses in a wide range of contexts from diagnosis through to adulthood. Starting with an exploration into the background of PDA that answers many of the immediate questions triggered when a child is first diagnosed, the book goes on to look at the impact of the condition on different areas of the child's life and what can be done to help. The authors present useful information on early intervention options and workable strategies for managing PDA positively on a day-to-day basis. They also examine ways to minimize common difficulties that may be encountered at home and school, making life easier for the child, family and peers. The final chapters tackle new problems that can arise when the teenage years hit and how to assist a successful transition from adolescence to adulthood. Illustrative case examples are included throughout, and the book is full of valuable resources for further information and advice. Full of helpful guidance and support, this user-friendly introductory handbook can be essential reading for anyone hit or working with, children with PDA.*

*Living and Learning with Pathological Demand Avoidance*

*A guide for friends, family and professionals*

*From Anxiety to Avoidance and Masking to Meltdowns*

*An Illustrated Guide to Pathological Demand Avoidance*

*Autism*

*How to Grow Up Awesome and Autistic*

*My Autism Book*

*Exposure anxiety is increasingly understood as a crippling condition affecting a high proportion of people on the autism spectrum. Based on personal experience, this book describes the condition and its underlying physiological causes, and presents approaches and strategies that can be used to combat it.*

*When things don't go our way, the Disappointment Dragon can come to visit and take us down to his home in the Valley of Despair... The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. He visits Bobby when he is not picked for the school football team, he also finds Lucinda when she has to miss an exciting school trip because she has the Chicken Pox. He even tries to take the whole of Class Three down to the Valley of Despair when their favourite teacher moves away. Will the Dragon of Hope be able to chase away the Disappointment Dragon and help them see things more positively? The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.*

*Do you know a child with social learning challenges? Do they struggle to see the big picture, be flexible, take the perspective of others, problem solve in real time, and/or read nonverbal communication? Do they have trouble connecting with others by sharing meaningful memories or making plans for the near and distant future? Is it hard for them to express their emotions calmly using language - often getting upset instead? These skills are needed in every interaction and social opportunity that we have in life, but for a child with social learning challenges, they can seem out of reach. Wouldn't it be great if there was a way that you could support growth in these areas for someone you care about? A method that was woven into everyday interactions and social opportunities? That is what this book is about. It's to help you, the person who cares deeply about someone with social learning challenges, use everyday incidental moments to teach and guide your child's social learning. You might be a therapist or a teacher, or you might be a parent, grandparent, or babysitter. This book was written to help you feel equipped to make a difference, simply by being mindful of your own communication and speaking style. What you say, and how you say it, matters!*

*This essential guide for working with PDA pupils outlines effective and practical ways that teachers and school staff can support these pupils, by endorsing a child-led approach to learning and assessment. Beginning with an introduction to PDA and how it can affect the education experience, it is then followed by thoughtful, useful strategies school staff can implement to build a collaborative relationship with pupils and help them to thrive in the school environment. The activities presented aim to make children more comfortable and at ease, and therefore better able to learn. It covers key issues for children with PDA, such as sensory issues, preferred language and phrasing of demands, social skills, and recognising distressed behaviour. The chapter summaries and simple activities listed throughout make this a useful tool for busy teaching staff working with PDA pupils.*

*Strategies for Education Professionals*

*Raising an Exceptional Child in a Conventional World*

*A Visit to the World of Pathological Demand Avoidance*

*Proactive Strategies for Minimizing Sensory, Social and Emotional Overload*

