
From One Parent to Another: Useful Resources

Why Am I Doing This?

- Two autistic children, diagnosed 2015 & 2017.
- Given a single A4 page of resources - full of “red flags”.
- Internet searches can be overwhelming.
- This is my own personal go-to list, developed over 6 years.

Red Flags

- Language choice – Person-first vs Identity-first
- Pathologizing language – disorder, deficits, tantrums, challenging behaviour,
- Damaging therapies – ABA, Positive Behavioural Intervention, MMS, diets, chelation, homeopathy etc.
- Stressful videos of children - in meltdown, toileting etc.
- Puzzle pieces – ask if they are willing to change to infinity symbol.
- Not Autistic-led - Board members, FB group admin etc.



Websites

- My blog:
www.autisticzebra.wordpress.com
- AuSome Training - Evaleen Whelton
www.ausometraining.com
- The Autistic Advocate - Kieran Rose.
www.theautisticadvocate.com
- In Tune Pathways - Kristy Forbes
www.kristyforbes.com.au

autisticzebra



The Autistic
Advocate

inTune Pathways. ☰
by Kristy Forbes

Facebook

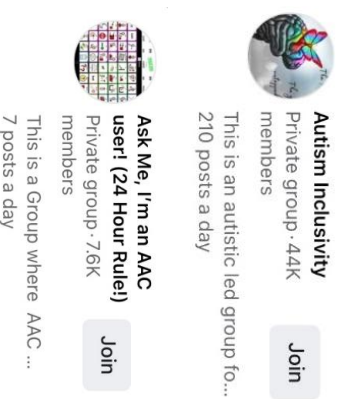
Pages

- Websites previously mentioned all have FB pages.
- Autistic Not Weird – Chris Bonnell



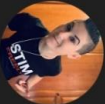
Groups

- Autism Inclusivity
- Ask Me, I'm an AAC user!




YouTube

- Neurodivergent Rebel




Neurodivergent Rebel
5,28K subscribers
225 videos
SUBSCRIBE

- Purple Ella



Purple Ella
16,8K subscribers
225 videos
SUBSCRIBE

- Yo Sandy Sam



Yo Sandy Sam
69,6K subscribers
SUBSCRIBE

- Autistamatic



Autistamatic
1,93K subscribers
79 videos
SUBSCRIBE

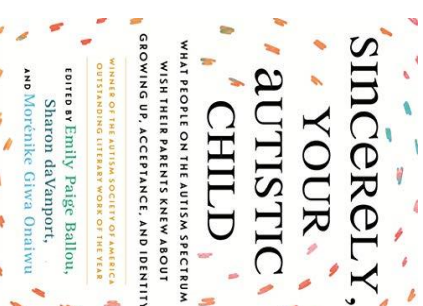
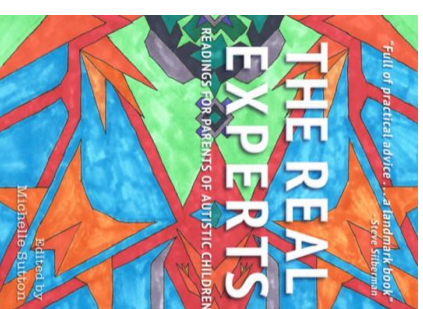
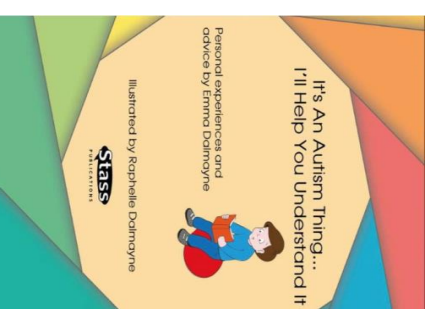
Twitter

- Previously mentioned people have Twitter accounts
- #ActuallyAutistic – don't use if you're not autistic, but do read posts that use it, and use to find autistic people to follow
- #AskingAutistics – use if you have any questions you want autistic people to answer
- #ABAHarms – info on ABA



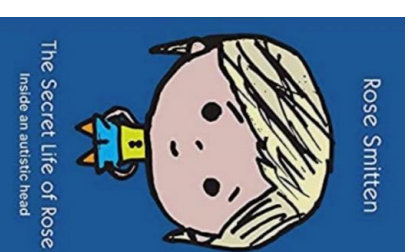
Books by Autistic People

- It's An Autism Thing...I'll Help you Understand – Emma Dalmayne
- What Every Autistic Girl Wishes Her Parents Knew
- The Real Experts
- Sincerely, Your Autistic Child – out March 30th



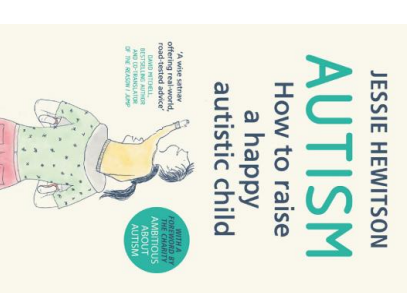
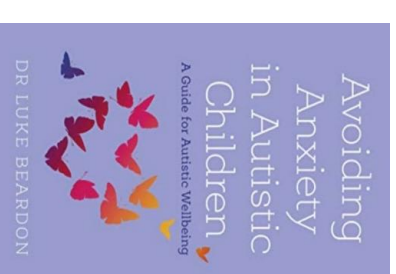
Books for Children

- The Secret Life of Rose; Inside an autistic head
 - Rose Smitten
- Konnect series – Konnect 1, 2 & 3
 - Evalaen Whelton
- The Awesome Autistic Go-to Guide; A practical Handbook for Autistic Teens & Tweens
 - Yenn Purkis & Tanya Masterman



Books by non-autistic people

- Autism & Asperger Syndrome in Children
 - Luke Beardon
- Avoiding Anxiety in Autistic Children
 - Luke Beardon
- Autism; How to raise a happy autistic child
 - Jessie Hewitson



Summary

- Autistic people and allies want to help parents help their autistic children!

