

The Autism Discovery Institute

at Rady Children's Hospital

Sharing Your Child's Autism Diagnosis Books



Preschool & Elementary

- **The Boy with Big, Big Feelings** by Britney Winn Lee
- **You Are Enough: A Book about Inclusion** by Margaret O'Hair
- **Noah Chases the Wind** by Michelle Worthington
- **A Day with No Words** by Tiffany Hammond
- **My Awesome Autism: Helping Children Learn About Their Autism Diagnosis (The Eddie Series)** by Nikki Saunders
- **All My Stripes: A Story for Children with Autism** by Shaina Rudolph & Danielle Royer
- **This Is Me! I Am Who I Am Meant to Be!** by Amy Pflueger
- **Uniquely Wired: A Story About Autism and Its Gifts** by Julia Cook
- **The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin** by Julia Finley Mosca
- **Different Like Me: My Book of Autism Heroes** by Jennifer Elder
- **A Friend Like Simon** by Kate Gaynot
- **Can You See Me?/Tally #1 & Do You Know Me?/Tally #2** by Libby Scott and Rebecca Westcott
- **The Brain Building Book** by Dr. Liz Angoff



Middle & High School

- **The Secret Life of Rose: Inside an Autistic Head** by Rose Smitten
- **I Am Autistic – A Workbook: Sensory Tools, Practical Advice and Interactive Journaling for Understanding Life with Autism**
- **Anything But Typical** by Nora Raleigh Baskin
- **What's J Say: A Collection of Poems** by Justice Killebrew
- **The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens** by Yenn Purkis and Tanya Masterman
- **Leaders Around Me: Autobiographies of Autistics who Type, Point and Spell to Communicate** edited by Edlyn Vallejo Pena
- **Brain Building 101** by Dr. Liz Angoff
- **Shake It Up: How to Be Young, Autistic & Make an Impact** by Quincy Hansen
- **Mockingbird** by Kathryn Erskine
- **The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism** by Naoki Higashida
- **The Curious Incident of the Dog in the Night-Time** by Mark Haddon
- **Rules** by Cynthia Lord
- **Thinking in Pictures: My Life with Autism** by Temple Grandin



For teen girls & young women

- **The Autism-Friendly Guide to Periods** by Robyn Steward
- **The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic** by Sienna Castellon
- **The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum** by Robyn Steward
- **Autistic World Domination: How to Script Your Life** by Jolene Stockman
- **Odd Girl Out** by Laura James



For LGBTQIA+ Teens

- **Queerly Autistic: The Ultimate Guide for LGBTQIA+ Teens on the Spectrum** by Erin Ekins
- **The Awesome Autistic Guide for Trans Teens** by Yenn Purkis and Sam Rose
- **The Young Autistic Adult's Independence Handbook** by Haley Moss

Additional resources are available on our website
<https://www.rchsd.org/programs-services/autism-discovery-institute>

