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Leabharlanna Fhine Gall
**Acmhainní Céadfacha
sa Leabharlann**

Fingal Libraries
**Sensory Resources
in the Library**



Foreword By Joan McDonald / Brollach Le Joan McDonald

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Foreword By Joan McDonald / Brollach Le Joan McDonald

This booklet is chockful of information on sensory aids, learning resources and an extensive library collection on autism, many by autistic authors. So, even people who don't yet know they are autistic, will find pointers in the literature here. Over time, knowledge of autism increased, and with it the realisation that autistic people have immense focus, and concentration on things that appeal to us, as well as being life-long learners. Yes, life-long!

The fact that autistic people socialise and communicate through our interests means that libraries, when they are set up to be receptive to sensory and communication differences, are havens of solace, learning, and sharing for autistic people. With this expanded understanding of autism, and staff training provided by AsIAM, the plan for inclusion of autistic and other neurodivergent people has really ramped up.

But inclusion is far more than just a separate collection of "things". The genuine desire of all the library staff to learn and to be open to individual needs is what makes libraries stand out as a safe place for autistic people to visit. Fingal Libraries have been at the forefront of this new acceptance beginning with sensory friendly hours and programming.

The warmth and attitude of accommodation in Fingal Libraries should make life so much more easeful for autistic people and those who love and support them. It has been such a pleasure to be involved in some small way in this project. I really hope autistic and other neurodivergent people, together with all the local community will embrace and enjoy this wonderful, inclusive library space.

Joan McDonald

Posautive

November 2021

Introduction / Réamhrá

We would like to welcome everyone to explore our new Sensory Resources in the Library brochure.. We are on a journey to make our libraries and programming autism friendly in Fingal Libraries. This programme was developed to support autism acceptance and awareness in the community. We have selected four library branches, Balbriggan, Blanchardstown, Garristown and Malahide to house this collection. There are currently 20 items available under **Materials and Equipment** and 48 titles in the **Book Collection** including fiction and non-fiction titles. For more information, please contact: Ciara.Farrell@fingal.ie or Jennifer.Kestell@fingal.ie

Materials And Equipment / Ábhair agus Trealamh

Fine Motor Skills / Scileanna Mhíluaile



Learning Frames

Large Buttons and Zip

These dressing frames are an important set of materials for learning self-care skills. The dressing frames are a set of wooden frames with two pieces of cloth attached to the sides, which can be fastened together at the centre. One frame features large buttons, the other a zip. The frames isolate the skill apart from one's body, and once mastered, translate to an easier time in fastening clothing while wearing it. Present one frame at a time, because each has its own method and points of interest.

Promotes: hand-eye coordination, fine motor skills



Lacing Blocks Safari

This set includes 12 wooden blocks and one lace. Each block is painted on both sides and the lace is connected with a small wooden bar which is designed for small hands to use. The beads are easy to grasp and hold while running the laces through the large holes.

Promotes: fine motor skills and language skills

Fine Motor Skills / Scileanna Mhíluaile



Nuts And Bolts Carry Case

Large nuts and bolts, with 3 basic geometric shapes: Circle, Square and Triangle. This game enhances manual dexterity and hand-eye coordination when connecting and disconnecting.

Promotes: hand-eye coordination, fine motor skills, coordination and judgement.



Pegboard

A timeless arrangement game which amused generations of children: by inserting the pegs in the tablet children freely express their creativeness and they train the eye-hand coordination. This pegboard contains 300 pegs split between 10, 15, and 20mm pegs.

Promotes: fine motor skills, hand-eye coordination, imagination and creativity.



Wooden Lace Farm Animals

With cute farm-animal art on both sides, it's fun to practise lacing and tracing skills with this wooden set. Contains five sturdy, double-sided wooden lacing panels, plus five colour coordinated laces.

Promotes: hand-eye coordination, fine motor skills, attention skills



Wooden Slope

Another classroom essential this fabulous extra wide wooden writing slope enables children to work and write at the optimum angle.

Promotes: handwriting skills and coordination

Gross Motor Skills / Scileanna Oil-Luaile



Balancing Board

This balance board is a good starting point when the child's balance is too good for a rocker board but is still challenged and needs improvement. It also has a ribbed surface to help prevent slipping. Performing balance exercises on a balance board has been proven to help children with coordination problems. Improvements have been seen in rhythm, auditory and visual processing, and motor coordination.

Promotes: coordination and balancing skills



Foam Throw And Catch

Foam throw and catch is like a bat with a loop at the end with a string and ball attached. The aim is to try and catch the ball in the loop. Task can be made easier or harder by adjusting the length of the string.

Promotes: Gross motor skills, hand-eye coordination.



Grab-N-Ring

When fully inflated, the 18cm Grab-N-Ring can be tossed, juggled, thrown like a disk or rolled on its edge. The Grab-N-Ring is filled with resilient PVC balls with just enough non-toxic gel to silently glide off each other. When the ring is partially deflated, the internal PVC balls highly encourage manipulation of the ring as a fidget

Promotes: gross & fine motor skills, hand-eye coordination, judgement & coordination, balance tactile stimulation.



Movin' Sit Cushion

Ideal for children who crave movement while sitting. Sizes available 35cm x 35cm or Junior Size 26cm x 26cm. 5" in diameter and consists of over 200 small soft bristles that are irresistible to touch.

Promotes: sensory stimulation, improves balance, self-regulation and concentration.

Gross Motor Skills / Scileanna Oll-Luaile



Physio Rolls

Physio rolls are easier to use than traditional gym balls as most of the movement is limited to forward and back, providing greater stability than a round ball. Also the saddle shape makes it easy to straddle, sit on or roll over.

Promotes: flexibility, coordination, gross motor skills, core strengthening and balance



Scooter Board

Scooter boards can be used to develop skills in the following areas, upper body and core strength, motor planning activities and as part of a sensory diet.

Promotes: upper body strength, core strength, coordination.



Scooter Board Fun Deck

This new Scooter Board Activities Fun Deck contains 54 fun and creative scooter board activities which address a wide range of therapy goals. Activities include upper body and core strength, motor planning, visual perceptual skills, fine motor skills, and sensory input.

Promotes: upper body strength, core strength, coordination.



Swoosh Ball

Just grab the handles, walk away from your partner until the ropes are taut and then 'swoosh' the shuttle from one end to the other by moving your arms outward. Great fun for pairs of children!

Promotes: gross motor skills, hand eye coordination and physical strength.

Play/Life Skills / Imirt/Scileanna Saoil



Latches Board

Undo a lock or latch, swing open the numbered doors and count on finding fun when the picture beneath is revealed on this wooden play board and educational toy. Build fine motor skills while learning colours, numbers, animals and more. This sturdy wooden board provides endless educational entertainment.

Promotes: fine motor skills, colour and number recognition, problem solving



Sandtimers—Set Of 5

Easy for young children to understand and ideal for use in timed games, for timing experiments & completing tests, or to measure specific periods of time for activities such as reading, creative writing or tidying up. Set includes 30 second, 1 min, 3 min, 5 min and 10 min timers.

Promotes: start and finish tasks, time management, encourages independence



Wooden Doorbell House

An incredible toy to help with fine motor skills, hand eye co-ordination and understand cause and effect. Four electronic doorbell sounds, four unique locks with matching keys, four pose-able play people are included.

Promotes: fine motor skills, creativity, auditory skills and numeracy

Sensory/Tactile / Céadfach/Tadhlach



Fidget Mat

Whether your kids like the soft furry face, smooth eyes, tactile tentacles, springy hair or just the weighted feel of the pad, this is surely the lap pad that will have your kids sitting. In addition, this great little pad vibrates with just the pull of a string!

Promotes: sensory stimulation, self-regulation, calming



Lap Pads

The Sensory Direct Lap Pads are ideal for use in the classroom, at reading time, at the dinner table or in the car. The weight has a calming effect helping attention span and reducing excessive fidgeting. They are a cost effective, safe and portable tool for use whenever and wherever needed. They are made from high quality cotton and filled with plastic pellets for safety and comfort.

Promotes: relaxation, concentration, self-regulation, Calming



Laser Sphere

This dual use laser pod is a relaxing colour changing mood light as well as being a light show projector. With the iridescent semi sphere top attached beautiful patterns are created within the sphere. Remove the top and a dazzling light show is displayed upon the ceiling.

Promotes: sensory stimulation, visual stimulation, self-regulation, calming

Book Collection / Bailiúchán Leabhar



Tanu Shree Singh
Ani's Light
Magination Press 2020 (Pbk)

Ani's stuck in a dark cloud. His friends and family try to brighten his mood, but nothing helps. When his mother finally comes home, missing her hair, Ani's light gets brighter and brighter, chasing away his dark cloud. The unconditional love between Ani and his mother shines through as the two enjoy their precious time together, whether it's forever, or just for now.

[Picture Books / Pictiúrleabhair](#)



Britney Lee Winn
The Boy With Big, Big Feelings
1517 Media 2019 (Pbk)

Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. When his loved ones are having a hard day, he feels their emotions as if they were his own.

[Picture Books / Pictiúrleabhair](#)



Shaina Rudolph
Brilliant Bea
Magination Press 2021 (Hbk)

Brilliant Bea is an endearing and empowering story that demonstrates that a learning difference like dyslexia doesn't define who you are. Despite her struggles with reading and writing, Beatrice is a natural and brilliant storyteller. With the help of a kind-hearted teacher, Beatrice uses an old-fashioned tape recorder so she can speak her words and then play them back, as a technique for learning in whole new way.

[Picture Books / Pictiúrleabhair](#)

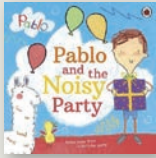


Jennifer Gilpin Yacio
I Have An Autism Boost
Future Horizons 2021 (Pbk)

I am ME. There are so many things that make me, me. But one thing I have, that you may not, is an autism BOOST. Come on and I'll tell you all about it. This book celebrates all that is special about any person then explains the benefits of an autism boost!

[Picture Books / Pictiúrleabhair](#)

Book Collection / Bailiúchán Leabhar



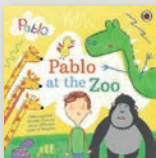
Pablo

Pablo And The Noisy Party

Penguin Random House 2020 (Pbk)

Pablo's mum takes him to his cousin Lorna's birthday party, but Pablo gets scared of the noisy party. Pablo's friends help him realise that it's OK if he doesn't want to go to the party. This lovely and heart-warming story will help readers understand that not everybody thinks the same way.

[Pablo Readers / Réamhleabhair Pablo](#)



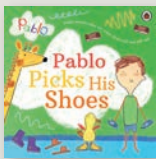
Pablo

Pablo At The Zoo

Penguin Random House 2021 (Pbk)

Pablo's friends meet their families at the zoo – but Noasaurus the dinosaur can't find his family. Pablo and the book animals help Noasaurus realise even though he might feel lost, family is where you find it. All Pablo books are written by writers on the autistic spectrum and are grounded in the real-life experiences of autistic children.

[Pablo Readers / Réamhleabhair Pablo](#)



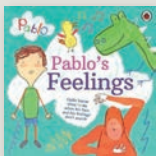
Pablo

Pablo Picks His Shoes

Penguin Random House 2020 (Pbk)

Pablo thinks differently, he has autism and uses his creativity to understand the world around him. Pablo draws the Book Animals, and together they help each other face the world with confidence. Pablo and the Book Animals worry that Pablo's shoes will feel left out if they don't come on a trip to Granny's house.

[Pablo Readers / Réamhleabhair Pablo](#)



Pablo

Pablo's Feelings

Penguin Random House 2020 (Pbk)

Sometimes your face doesn't show how you are feeling. Pablo wants to go to his cousin Lorna's house, but his mum sees the expression on his face and thinks that he doesn't want to go! Pablo has autism and he sees the world in a different way. Together with his friends, the Book Animals, he comes up with a way to let people know what he is thinking!

[Pablo Readers / Réamhleabhair Pablo](#)

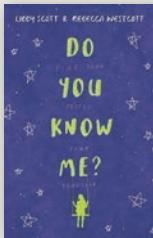
Book Collection / Bailiúchán Leabhar



Libby Scott
Can You See Me?
Scholastic 2019 (Pbk)

People think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears - and notices - all of it. Endearing, insightful and warmly uplifting, this is a story of autism, empathy and kindness that will touch readers of all ages.

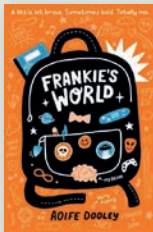
[Chapter Books / Leabhair le Chaibidil](#)



Libby Scott
Do You Know Me
Scholastic 2020 (Pbk)

Tally is autistic and proud. She used to feel like she had to hide her autism, but now Tally is determined to make sure people see who she really is. But now Tally has a new worry - her school trip. And that means new places, new people and new challenges.

[Chapter Books / Leabhair le Chaibidil](#)



Aoife Dooley
Frankie's World
Scholastic 2022 (Pbk)

Frankie knows she's not like anyone else in her class, 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, make fun of her at school.

[Chapter Books / Leabhair le Chaibidil](#)



Lisa Thompson
Goldfish Boy
Scholastic 2017 (Pbk)

A story about finding friendship when you're lonely - and hope when all you feel is fear. Twelve-year-old Matthew is trapped in his bedroom by crippling OCD, spending most of his time staring out of his window. Until the day he is the last person to see his next door neighbour's toddler, Teddy, before he goes missing. Matthew must turn detective and unravel the mystery of Teddy's disappearance.

[Chapter Books / Leabhair le Chaibidil](#)

Book Collection / Bailiúchán Leabhar



Ellie McNicoll
A Kind Of Spark
Knights Of Media 2020 (Pbk)

A Kind of Spark tells the story of 11-year-old Addie as she campaigns for a memorial in memory of the witch trials that took place in her Scottish hometown. Addie knows there's more to the story of these 'witches', just like there is more to hers. Can Addie challenge how the people in her town see her, and make her voice heard?

[Chapter Books / Leabhair le Chaibidil](#)



Emma Donoghue
The Lottery Plus One
Pan Macmillan 2018 (Pbk)

Meet the Lotterys: a unique and diverse family featuring four parents, seven kids and five pets - all living happily together in their big old house. Nine-year-old Sumac is the organizer of the family and is looking forward to a long summer of fun. But when their grumpy and intolerant grandad comes to stay, everything is turned upside down.

[Chapter Books / Leabhair le Chaibidil](#)



Ellie McNicoll
Show Us Who You Are
Knights Of Media 2021 (Pbk)

The second book from the author of A Kind Of Spark, with Neurodivergent characters you'll root for and a moving friendship at its heart. When Cora's brother drags her along to his boss's house, she doesn't expect to strike up a friendship with Adrien, son of the intimidating CEO of Pomegranate Technologies.

[Chapter Books / Leabhair le Chaibidil](#)



Katya Balen
The Space We're In
Bloomsbury Publishing 2020 (Pbk)

Ten-year-old Frank has trouble navigating his relationship with his younger brother Max who is autistic. Frank loves soccer, codes, riding his bike, and playing with his friends. His brother Max is five. Max only eats foods that are beige or white, hates baths, and if he has to wear a t-shirt that isn't gray with yellow stripes he melts down down down.

[Chapter Books / Leabhair le Chaibidil](#)

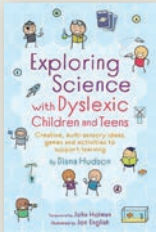
Book Collection / Bailiúchán Leabhar



Amie Taylor
The Big Book Of LGBTQ+ Activities
Jessica Kingsley Publishers 2020 (Pbk)

The interactive stories and games - including drawing, sculpting, word searches and quizzes - raise awareness of different kinds of families, as well as identities such as gay, lesbian, bisexual, transgender and non-binary, and teach acceptance for all. The resourceful 'Guide for Adults' at the end of the book offers advice, answers to activities throughout.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Diana Hudson
Exploring Science With Dyslexic Children And Teens
Jessica Kingsley Publishers 2021 (Pbk)

This book is a collection of ideas, activities and approaches for science learning, to support kids with learning differences aged 9+ to grow in confidence, recall and understanding. The multi-sensory and fun ideas and activities can be adapted to suit individual students' needs and skills, and curriculum stage.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Davida Hartman
The Growing Up Book For Boys
Jessica Kingsley Publishers 2015 (Pbk)

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 up.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Davida Hartman
The Growing Up Book For Girls
Jessica Kingsley Publishers 2015 (Pbk)

The Growing Up Guide for Girls is a one-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence. Using simple, literal language and delightful colour illustrations, this book explains the facts about body changes.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)

Book Collection / Bailiúchán Leabhar



Dawn Huebner

The Sibling Survival Guide

Jessica Kingsley Publishers 2021 (Pbk)

Having a brother or sister can be tough. It can also be great, but it's hard to see the great parts with so many bad parts getting in the way. But what if you could do something about those problems? Clear them away? Then you'd be able to actually enjoy your siblings!

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Dawn Huebner

Something Bad Happened: A Kid's Guide To Coping With Events In The News

Jessica Kingsley Publishers 2019 (Pbk)

When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. Where did it happen? Why did it happen? And especially, will it happen again? Something Bad Happened guides children through these conversations.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Britney Lee Winn

Your Interests, My Interests

Jessica Kingsley Publishers 2020 (Hbk)

When you're all by yourself, you can (nearly) do anything you want, but when you're playing with other people, they might want to do something different. This colourful and interactive visual guide will help these children learn how to establish common interests with friends and classmates, or family members at home.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)



Dara McAnulty

Wild Child

Pan Macmillan 2021 (Hbk)

Join brilliant young naturalist Dara McAnulty on a nature walk and experience the joy of connecting with the natural world on your multi sensory journey. This beautiful gift book is divided into five sections: looking out of the window, venturing out into the garden, walking in the woods, investigating heathland and wandering on the river bank.

[Guides and Activity Books / Treoirleabhair agus Leabhair Gníomhaíochta](#)

Book Collection / Bailiúchán Leabhar



Tammy Robinson
Differently Normal
Piatkus Books 2018 (Pbk)

For Maddy, life is all about routine. It has to be, to keep her autistic sister happy and healthy. With just Maddy and her mother as Bee's full-time carers, there's no time in Maddy's life for complications like friends, let alone a boyfriend. So, when Maddy meets Albert, the last things on her mind is falling in love.

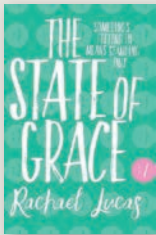
[YA Fiction / Déaglitriocht](#) • [YA Non-Fiction](#) / [Neamhfhicsean do Dhéagóirí](#)



Anita Barrows
The Language Of Birds
She Writes Press 2022 (Pbk)

Gracie is a serious, sensitive, aspiring writer; Jannie, her autistic younger sister, is passionate about birds. As children, they were taken by their mother on a senseless trip through Europe that ended in their mother's suicide. This is a story of coming to understand what seems unfamiliar and indecipherable, and of finding ways to be with the people you love.

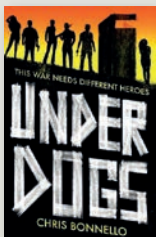
[YA Fiction / Déaglitriocht](#) • [YA Non-Fiction](#) / [Neamhfhicsean do Dhéagóirí](#)



Rachael Lukas
State Of Grace
Square Fish 2020 (Pbk)

Grace is autistic and has her own way of looking at the world. She's got a horse and a best friend who understand her, and that's pretty much all she needs. But when Grace kisses Gabe and things start to change at home, the world doesn't make much sense to her any more.

[YA Fiction / Déaglitriocht](#) • [YA Non-Fiction](#) / [Neamhfhicsean do Dhéagóirí](#)

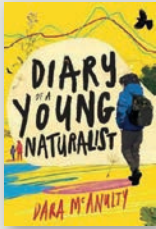


Chris Bonello
Underdogs
Unbound 2019 (Pbk)

A group of neurodiverse rebels fighting back. In the aftermath of the most daring military coup in history, the surviving population is crammed inside giant Citadels, watched over by an army of cloned soldiers. The hope of a nation lies in a tiny number of freedom fighters hidden in the abandoned countryside.

[YA Fiction / Déaglitriocht](#) • [YA Non-Fiction](#) / [Neamhfhicsean do Dhéagóirí](#)

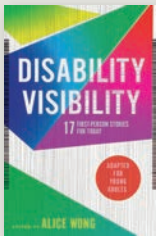
Book Collection / Bailiúchán Leabhar



Dara McAnulty
Diary Of A Young Naturalist
Little Toller Books 2020 (Hbk)

Diary of a Young Naturalist is a powerful and scintillating portrayal of the beauty of the natural world, as it shines a light on autism and of overcoming severe anxiety. It is a story of the binding love of family and home, and how we can help each other through the most difficult of times.

[YA Fiction / Déaglitríocht](#) • [YA Non-Fiction / Neamhfhicsean do Dhéagóirí](#)



Alice Wong
Disability Visibility (Adapted For Young Adults)
Random House 2021 (Hbk)

Seventeen eye-opening essays offer keen insight into the complex and rich disability experience, examining life's ableism and inequality, its challenges and losses, and celebrating its wisdom, passion, and joy. These accounts ask readers to think about disabled people not as individuals who need to be “fixed,” but as members of a community with its own history, culture, and movements.

[YA Fiction / Déaglitríocht](#) • [YA Non-Fiction / Neamhfhicsean do Dhéagóirí](#)



Naoki Higashida
The Reason I Jump
Hodder & Stoughton 2021 (Pbk)

The Reason I Jump is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within.

[YA Fiction / Déaglitríocht](#) • [YA Non-Fiction / Neamhfhicsean do Dhéagóirí](#)

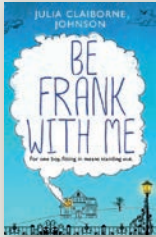


Margaret Rooke
You Can Change The World!
Jessica Kingsley Publishers 2019 (Pbk)

An award-winning book of interviews with more than 50 inspirational teens from across the globe who've dared to change their own lives and the world they live in. You Can Change the World! explains how to survive in a world often obsessed by celebrities, social media and appearance.

[YA Fiction / Déaglitríocht](#) • [YA Non-Fiction / Neamhfhicsean do Dhéagóirí](#)

Book Collection / Bailiúchán Leabhar



Julia Claiborne Johnson
Be Frank With Me
Atlantic Books 2017 (Pbk)

Full of heart and humour, *Be Frank with Me* is a captivating and unconventional story of an unusual mother and son, and the intrepid young woman who finds herself irresistibly pulled into their unforgettable world.

Fiction / Ficsean den Scotch



Sayaka Murata
Convenience Store Woman
Granta Books 2019 (Pbk)

Meet Keiko. Keiko is 36 years old. She's never had a boyfriend, and she's been working in the same supermarket for eighteen years. Keiko's family wishes she'd get a proper job. Her friends wonder why she won't get married. But Keiko knows what makes her happy, and she's not going to let anyone come between her and her convenience store.

Fiction / Ficsean den Scotch



Naoise Dolan
Exciting Times
Orion Publishing CO 2021 (Pbk)

Psychologically astute and dryly funny, *Exciting Times* delivers an enthralling dissection of love, commitment, power and privilege in the international circles of contemporary Hong Kong.

Fiction / Ficsean den Scotch

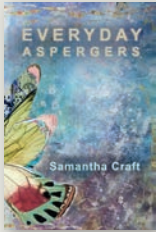


Madeleine Ryan
A Room Called Earth
Scribe Publications 2021 (Hbk)

The debut novel from the inimitable Madeleine Ryan, *A Room Called Earth* is a humorous and heartwarming adventure inside the mind of a bright and dynamic woman. This hyper-saturated celebration of love and acceptance, from a neurodiverse writer, is a testament to moving through life without fear, and to opening ourselves up to a new way of relating to one another.

Fiction / Ficsean den Scotch

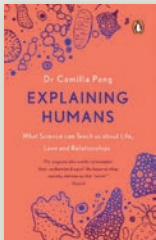
Book Collection / Bailiúchán Leabhar



Samantha Craft
Everyday Aspergers
Explainer 2018 (Pbk)

Through 150 entries, Samantha Craft presents a life of humorous faux pas, profound insights, and the everyday adventures of an autistic female. In her vivid world, nothing is simple, and everything appears pertinent.

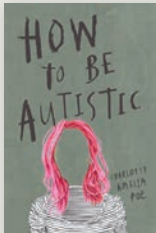
Fiction / Ficsceán den Scoth



Camilla Pang
Explaining Humans
Penguin Books 2021 (Pbk)

Diagnosed with Autism Spectrum Disorder at the age of eight, Dr Camilla Pang struggled to understand the world around her. Desperate for a solution, Camilla asked her mother if there was an instruction manual for humans that she could consult.

Fiction / Ficsceán den Scoth



Charlotte Amelia Poe
How To Be Autistic
Myriad Editions 2019 (Pbk)

How to Be Autistic charts Charlotte Amelia Poe's journey through schooldays and young adulthood, with chapters on food, fandom, depression, body piercing, comic conventions, and technology. Poe writes about her memoir: 'The best way to describe it is to imagine a road trip.'

Fiction / Ficsceán den Scoth



Anna Wilson
A Place For Everything
Harper Collins 2021 (Pbk)

Full of heart and humour, Be Frank with Me is a captivating and unconventional story of an unusual mother and son, and the intrepid young woman who finds herself irresistibly pulled into their unforgettable world.

Fiction / Ficsceán den Scoth

Book Collection / Bailiúchán Leabhar



Mona Delahooke
Beyond Behaviours
John Murray Press 2020 (Pbk)

When you are confronted with a child who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike.

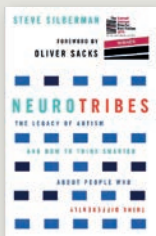
Non-Fiction / Neamhfhicsean



Caren Zucker and John Donvan
In A Different Key
Penguin Books 2017 (Pbk)

In a Different Key: The Story of Autism is a book by John Donvan and Caren Zucker. The book covers the history of autism and autism advocacy. Issues that they discuss include the Refrigerator mother theory and the possibility of an autism epidemic.

Non-Fiction / Neamhfhicsean



Steve Silberman
Neurotribes: The Legacy Of Autism
Allen & Unwin 2016 (Pbk)

Going back to the earliest autism research and chronicling the brave and lonely journey of autistic people and their families through the decades, Silberman provides long-sought solutions to the autism puzzle while casting light on the growing movement of 'neurodiversity' and mapping out a path towards a more humane world for people with learning differences.

Non-Fiction / Neamhfhicsean

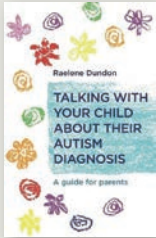


Barb Cook and Dr Michelle Garnett
Spectrum Women: Walking To The Beat Of Autism
Jessica Kingsley Publishers 2018 (Pbk)

Autistic advocates offer their personal guidance on significant issues that particularly affect women, as well as those that are more general to autism. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others.

Non-Fiction / Neamhfhicsean

Book Collection / Bailiúchán Leabhar



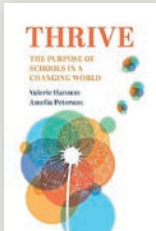
Raelene Dundon

Talking With Your Child About Their Autism Diagnosis

Jessica Kingsley Publishers 2017 (Pbk)

As a mother of two children on the spectrum, with over ten years' experience as a psychologist specialising in childhood autism, Raelene Dundon has all the tips you'll need. In this concise book, she sets out case studies, examples and resources that will equip you to make your own informed choices and help your whole family to live well with autism.

[Non-Fiction / Neamhfhicsean](#)



Valerie Hannon

Thrive

Cambridge University Press 2021 (Pbk)

Thrive advocates a new purpose for education, in a rapidly changing world, and analyses the reasons why change is urgently needed in our education systems. The book identifies four levels of thriving: global - our place in the planet.

[Non-Fiction / Neamhfhicsean](#)



Noah Adams

Trans And Autistic: Stories From Life At The Intersection

Jessica Kingsley Publishers 2020 (Pbk)

Drawing upon a wealth of interviews with transgender people on the autism spectrum, the book explores experiences of coming out, with self-discovery, healthcare, family, work, and community support, to help dispel common misunderstandings around gender identity and autism, allowing autistic trans people to see their own experiences reflected in the interviews.

[Non-Fiction / Neamhfhicsean](#)



Barry M Prizant

Uniquely Human

Profile Books 2019 (Pbk)

Uniquely Human debunks many of the false and outdated stereotypes that surround autism. It is a first step towards a greater understanding of people with autism and an essential part of their successful participation in and contribution to society. With a wealth of inspiring stories and practical advice from children and older people with autism and their families.

[Non-Fiction / Neamhfhicsean](#)

Sensory Pod / Cochall Céadfacha

The Sensory Pod is available in the following library branches along with weekly Quiet Time sessions:

Balbriggan Library

Quiet Time in the Library
Monday Evening from 6.30pm to 7.30pm

Blanchardstown Library

Quiet Time in the Library
Monday Evening from 6.30pm to 7.30pm

Malahide Library

Quiet Time in the Library
Wednesday Evening from 6.30pm to 7.30pm



Recommended Resources / Acmhainní Molta

Some wonderful organisations, websites and people that helped us along the way.

ADHD Ireland	www.adhdireland.ie
AsIAm	www.asiam.ie
Aspire	www.aspireireland.ie
Autistic Not Weird	www.autisticnotweird.com
Autscape Ireland	www.autscape.org
Children's Books Ireland	www.childrensbooksireland.ie
Dyslexia Association of Ireland	www.dyslexia.ie
Little Seeds Arch Club	www.archclubs.com
Posautive	posautivelearning@gmail.com
Sensory Pod	www.thesensorypod.ie
Snowflakes Autism Support	www.snowflakes.ie
Thinking Toys	www.thinkingtoys.ie

Movie Time At The Library / Am Scannánaíochta sa Leabharlann

A collection of documentaries and films recommended by library staff for any film club.



- Best Kept Secret / Documentary (2013)
- Dear Evan Hansen / Musical (2021)
- The Drummer & the Keeper / Drama (2017)
- In A Different Key / Documentary (2020)
- Life Animated / Documentary (2016)
- Like Stars on Earth / Drama (2007)
- Love on the Spectrum / Documentary (2019)
- Ocean Heaven / Drama (2010)
- Oliver Sacks: His Own Life / Documentary (2019)
- Please Stand By / Comedy (2017)
- The Reason I Jump / Documentary (2020)
- The Speed Cubers / Documentary (2020)
- Stand Clear of the Closing Doors / Drama (2013)
- Swim Team / Documentary (2016)
- Temple Grandin / Biography (2010)
- This is Nicholas / Documentary (2018)

Cá bhfuil mo leabharlann is cóngaraí? Where is my nearest library?

Balbriggan	01 870 4401	balbrigganlibrary@fingal.ie
Baldoyle	01 890 6793	baldoylelibrary@fingal.ie
Blanchardstown	01 890 5560	blanchlibrary@fingal.ie
Donabate	01 890 5609	donabate.library@fingal.ie
Garristown	01 835 5020	garristownlibrary@fingal.ie
Howth	01 890 5026	Howth.library@fingal.ie
Malahide	01 870 4430	malahidelibrary@fingal.ie
Rush	01 870 8414	rushlibrary@fingal.ie
Skerries	01 890 5671	skerrieslibrary.library@fingal.ie
Swords	01 890 5582	swordslibrary@fingal.ie
Mobile Library Service	01 890 6719	mobile.libraries@fingal.ie
Housebound Library Service	01 860 4290 1850 211466 (Freephone)	housebound.library@fingal.ie
Local Studies and Archives	01 890 4486	Local.Studies@fingal.ie

Tá Leabharlanna Fhine Gall ar na Meáin Shóisialta
Fingal Libraries are on Social Media

