

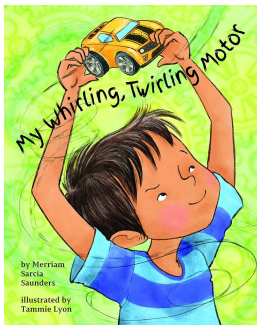
Books Celebrating Neurodiversity

Created by Hannah Gray, for the Early Learning Quality Initiative
CLTH.



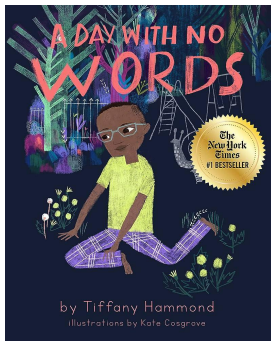
1. *“The Worry Balloon”* by *Monica Mancillas*

This book opens the door for conversations to be held in a gentle and validating manner about mental health. It also provides strategies for children and families to use to help each other co-regulate and practice mindfulness.



2. *“My Whirling Twirling Motor”* by *Merriam Saunders*

This story provides educators and parents a window into seeing how they can reframe children’s difficult behavior and engage with children using a strength based learning approach. This book also includes a note to parents, caregivers, and teachers with more information on ADHD, and behavior management techniques.



3. *“A Day with No Words”* by *Tiffany Hammond*

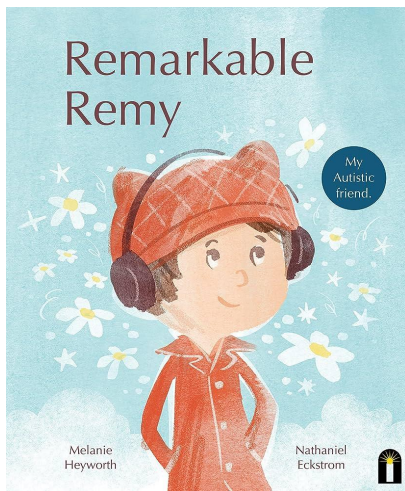
“A Day With No Words” successfully normalizes communication methods outside of verbal speech and provides representation of neurodiversity and autism in a way that affirms and celebrates.



4. *“Masterpiece”* by *Alexandra Hoffman*

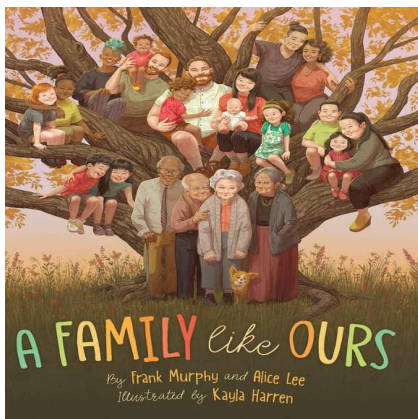
This book contains gorgeous illustrations, some depicting noise-canceling headphones, which are sensory accommodations not usually found illustrated in picture books. This book is a fantastic read-aloud to teach children lessons of inclusion, empathy and understanding. It shows

children that they should embrace those unique parts of themselves that make them incredible, while also developing early literacy skills.



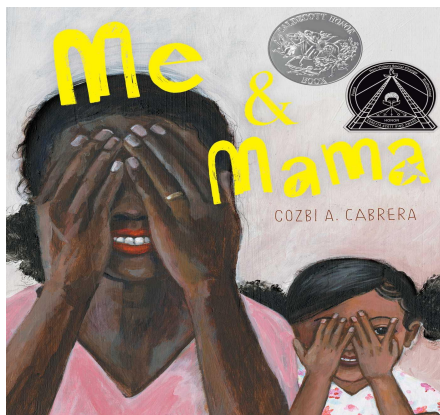
5. “Remarkable Remy” by Melanie Heyworth

This book introduces a character who has Autism, and aims to explain how people with Autism have brains that work differently. I love how this book celebrates the ways our neurodivergent peers can contribute to making their surroundings remarkable.



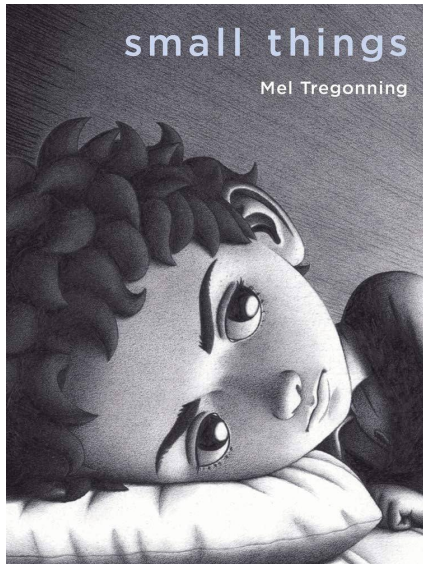
6. “A Family Like Ours” by Frank Murphy and Alice Lee

This book recognizes that not every child’s family will look the same. All the important connections one may build over the years can be found within this book. It also highlights the positive outcomes that being part of a family has for everyone’s growth and well-being.



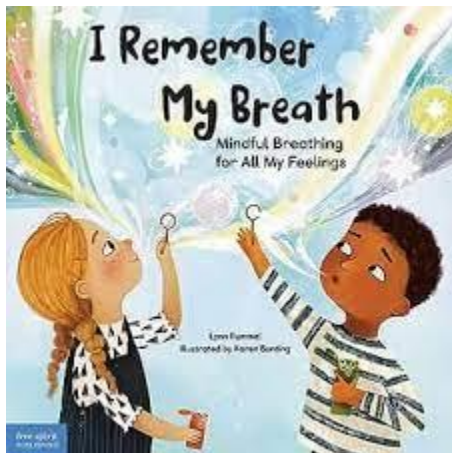
7. “Me & Mama” by Cozbi A. Cabrera

This book celebrates the relationship between a mother and her daughter as a family. Not only is this book beautifully illustrated it won a 2021 Caldecott Honor and a Coretta Scott King Award Honor for illustration.



8. “Small Things” by Mel Tregonning.

While this book reads like a graphic novel containing no words, the emotions portrayed within the illustrations are powerful. This book would be most age appropriate with older school age children, to spark open-ended discussion about bullying, stress, and strategies to be kind to ourselves and our peers.



9. “I Remember My Breath: Mindful Breathing for My Feelings” by Lynn Rummel.

This book provides educators and parents with visualization and mindful breathing techniques. These can be helpful with strengthening children’s capacity to engage in the process of co-regulating their emotions, attention, and behavior.



10. “Mabel’s Topsy-Turvy Homes” by Candy Wellins and and Illustrated by Jess Rose.

I think this would be a great addition to the Early Learning Quality Initiative at Community Living Trent Highlands as it follows a character experiencing family divorce. It depicts the frustrations and anxiety the character feels. As adapting to changes in routines within different homes can be challenging for children and youth.