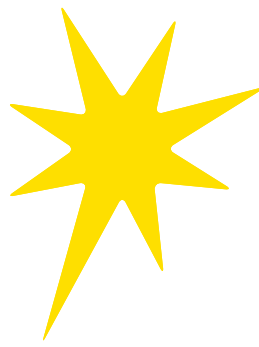




New Books in the Library

Published 2025 and 2026



Working wonders for children with brain conditions

Families where a child has a brain condition face challenges every day. Just to learn, play, make friends and experience the world can feel difficult, even impossible. But we don't believe there's any challenge that can't be overcome.

So we listen to families, we learn from them. We carry out research, we design and innovate, we make and share. From new equipment to new learning resources, to new ways to play and support each other, everything we find out together makes life better. It opens doors to discovering the world.

It's an incredibly rewarding journey for everyone involved. Why not be a part of it? You never know what we'll discover together.

www.cerebra.org.uk

Our guides for parents help you find the answers you need. You can view and download the full series of our guides and factsheets completely free from our website www.cerebra.org.uk.

If you would like to make a donation to help cover the cost of producing our guides give us a call on **01267 244216** or donate at www.cerebra.org.uk/fundraise/donate.

Thank you.

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How the Postal Lending Library Works

The postal library is free of charge. You can join by filling in the webform of the library page of our website www.cerebra.org.uk or by phoning our Freephone number 0800 32 81 159 and asking to speak to the librarian.

Members can borrow two books at a time for 28 days at a time. We post the books to you with a freepost label for you to return them at the end of the loan period. If you have not finished the books you can extend the loan, provided no-one else waiting for them. Just ask the librarian.

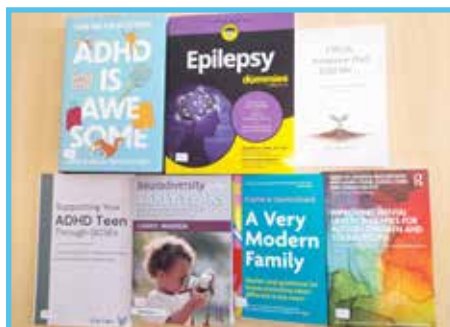
If you cannot find a particular book you are looking for or you cannot find the subject area you are interested in, please email the librarian at janetp@cerebra.org.uk with your request and she will let you know what we have available.

If there is something you would like to see in the library or if you have a book recommendation we will do our best to add it to our collection. Email janetp@cerebra.org.uk with your suggestions.

Key

L = Book

C = Children's book



ADHD

L7071 - Step by Step Help for Children with ADHD: A guide for parents

Cathy Laver-Bradbury

Published: 2025

L7123 - Supporting Your ADHD Teen Through GCSEs

Zoe Hart

Published: 2026

L7126 - ADHD is Awesome: A guide to mostly thriving with ADHD

Penn Holderness

Published: 2024

See also the Neurodiversity section.

Autism Spectrum Disorders including PDA

L7074 - Stop the World I Want to Get Off: a guide to understanding and supporting the recovery of autistic burnout in children and young people

Jodie Clarke

Published: 2025

L7076 - Parenting When You're Autistic: tips and advice on how to parent successfully alongside your neurodivergence

Pooky Knightsmith

Published: 2025

L7087 - Reasonable Adjustments for Autistic Children: how to make their world better

Luke Beardon

Published: 2024

L7096 - Hi World I'm Dad: how fathers can journey to autism awareness, acceptance and appreciation

James Guttman

Published: 2025

L7111 - The Parents and Professionals Simple Guide to PDA

Laura Kerbey

Published: 2025

L7120 - We Need to Talk About Autism and Parent-Carer Blame: how and why parents face blame and what we can all do about it

Alice Running

Published: 2026

L7121 - The Autism Parents' Club: simple strategies for managing common challenges

Ritu Kiran

Published: 2026

L7127 - Improving Mental Health Therapies for Autistic Children and Young People

Georgia Pavopoulou

Published: 2025

L7128 - Why Isn't My Child Talking? Understanding the difference between autism and late talking and how to take early action to boost your child's communication

Hulya Mehmet

Published: 2025

L7132 - Love Needs No Words: what raising my autistic sons have taught me about hope acceptance and joy

James Hunt

Published: 2026

L7133 - Maybe I'm Amazed: a story of love and connection in ten songs from the father of an autistic child

John Harris

Published: 2025

L7135 - PDA in the Family

Steph Curtis

Published: 2024



Epilepsy

L7124 - Epilepsy for Dummies
Elizabeth Thiele
Published: 2026

**L7129 – I Wish Someone
Had Told Me: a companion for
parents new to epilepsy**
Tracey Hall Roberts
Published: 2026

Neurodiversity

**L7079 - AUDHD Blooming
Differently**
Leanne Maskell
Published: 2025

**L7082 - The Neurodiversity
Affirmative Child Autism
Assessment Handbook**
Maeve Kavanagh
Published: 2025

**L7093 - Neurodiversity-
Affirming Practices in Early
Childhood: an empowering
guide to diverse development
and play**
Kerry Murphy
Published: 2025

**L7113 - A Different Kind of
Parenting: neurodivergent
families finding a way through
together**
Eliza Fricker
Published: 2025

**L7125 - Neurodiversity in
the Early Years: practical and
proven strategies to enable
neurodivergent children to
thrive**
Cheryl Warren
Published: 2025

**L7122 -A Very Modern Family:
stories and guidance for brave
parenting when different in the
norm**
Carrie Grant
Published: 2023

Special Educational Needs

**L7075 - Doing What it Takes a
Selective Mutism Case Book**
Libby Hill
Published: 2025

**L7080 - The Mental Health
and Wellbeing of Children
and Young People with
Learning Difficulties: A guide for
educators**
Kirstie Rees
Published: 2024

**L7091 - Ramping Up Rights:
an unfinished history of British
disability activism**
Rachel Charlton Dailey
Published: 2025

**L7092 - Planning with Love:
a guide to wills and trust for
parents of children with special
needs**
Rhianon Gogh
Published: 2024

**L7095 - Raising the
SENbetweeners**
Lisa Lloyd
Published: 2024

**L7099 - A Practical Guide to
Education Otherwise Than
School or College (EOTAS/C)**
Lydia Dunford-Anderson
Published: 2025

**L7105 - Understanding Parent
Blame: institutional failure and
complex trauma**
Luke Clements
Published: 2025

L7108 - In the Meantime:
inclusive practice for children
awaiting school placement
Laura Robson
Published: 2025

L7109 - We Are Not Seeing
It: How and why Mainstream
schools break SEND kids
Luisa Gray
Published: 2024

L7112 - Understanding
Education Health and
Care Plans (EHCPs): a
comprehensive guide
for parents, carers and
professionals
Lucinda Ward
Published: 2025

L7114 – School Isn't for
Everyone: and What You Can
do Instead: a practical neuro-
affirming guide to unschooling
Heidi Steele
Published: 2026

L7115 – Unlearning Ableism:
the ultimate, no-nonsense
guide to understanding
disability and unlearning
ableism
Celia Chatres-Aris
Published: 2026

L7116 – The Parent's Guide to
SEND: supporting your child
with additional needs at home,
school and beyond
Gary Aubin
Published: 2025

L7118 – The Essential EHCP
Guide for Parents and Carers
Abigail Fisher
Published: 2026



Sleep

L7097 - Family Guide to Better
Sleep: step by step techniques
for healthier sleep and happier
children, teenagers and adults
Dawn Howarth
Published: 2025

Children's Books purchased in 2026

C0533 – Good Night Forest
Fiction
Age 5 and under

C0540 – Where's Mrs Fox?
Fiction
Age 5 and under

C0544 – Words Are Not For
Hurting
Non-Fiction
Age 5 and under

C0560 – No Hitting Please
Fiction
Age 5 and under

C0567 – I Count to Four I Don't
Bite!
Non-Fiction
Age 5 and under

C0531 - My Personal Space
Bubble - a visual book about
boundaries for autistic kids
Non-Fiction
Age 5 - 8

C0534 - My Body's Power Pack
- how to manage your energy
and stay in charge
Non-Fiction
Age 5 - 8



C0539 - What About Me? a book by and for a sibling with autism
Fiction
Age 5 - 8

C0545 - Olive's Day
- understanding and navigating PDA
Fiction
Age 5 - 8

C0546 - The Rocket Inside Me
Fiction
Age 5 - 8

C0547 - Cloud Boy - a story about ADHD
Fiction
Age 5 - 8

C0548 - I Have Autism... and guess what?
Non-Fiction
Age 5 - 8

C0549 - Silas Stands Tall - a school story about Cerebral Palsy
Fiction
Age 5 - 8

C0550 - The Little Box of Feelings by Rochelle Humes
Fiction
Age 5 - 8

C0556 - A Sparkle in My Brain
- a story about epilepsy
Non-Fiction
Age 5 - 8

C0557 - My Wonderful Wiggly Brain
Fiction
Age 5 - 8

C0558 - Wired - a robots neurodiversity superpowers
Fiction
Age 5 - 8

C0559 - The Umbrella of Us
Non-Fiction
Age 5 - 8

C0561 - What is Cerebral Palsy? - a simple explanation of a complex diagnosis
Non-Fiction
Age 5 - 8

C0564 - Why is Joe? - helping children understand their neurodivergent sibling
Non-Fiction
Age 5 - 8

C0565 - Why Doesn't Alice Talk at School - a storybook to read to friends and the class about selective mutism
Fiction
Age 5 - 8

C0566 - Ellie by Ellie Goldstein
about growing up with Down Syndrome
Non-Fiction
Age 5 - 8



C0568 - Ady and Me - neurodiversity
Fiction
Age 5 - 8

C0537 - Being Autistic - and what it actually means
Non-Fiction
Age 8 - 12

C0538 - All About PDA - animal book by Kathy Hoopman
Non-Fiction
Age 8 - 12

C0541 - The Tin Hat Kid - a story about sleep
Fiction
Age 8 - 12

C0543 - The Kids Simple Guide to PDA
Non-Fiction
Age 8 - 12

C0553 - My Magic Mind Kids No Worries - a kid's guide to overcoming anxiety and becoming unstoppable
Non-Fiction
Age 8 - 12

C0554 - ADHD Rapped Up
Non-Fiction
Age 8 - 12

C0555 - ADHD - the adventures of a wonderful boy
Fiction
Age 8 - 12

C0562 - ADHD Tweens Guide
to Puberty for Boys

Non-Fiction

Age 8 - 12

C0563 - ADHD Tweens Guide
to Puberty for Girls

Non-Fiction

Age 8 - 12



C0532 - The Awesome
Power of Sleep: how sleep
supercharges your teenage
brain

Non-Fiction

Age 13+

C0542 - Keedie by Elle
McNicoll

Fiction

Age 13+

C0551 - Down Syndrome
Out Loud - 20+ true stories of
disability and determination

Non-Fiction

Age 13+

C0552 - The PDA Effect - an
autistic guide to understanding
demand avoidance

Non-Fiction

Age 13+

C0569 - The AuDHD Teen
Survival Guide

Non-Fiction

Age 13+

Did you know?

We also lend out sensory toys?

Download the lists from our website: www.cerebra.org.uk



Frequently Asked Questions

How do I join the library?

The lending library is a free of charge service. You can join by completing the webform on the Library page of our website www.cerebra.org.uk or phoning 0800 32 81 159 option 1, then option 2 and asking to speak to the librarian.

How do you store my personal details?

We ask for your postal address, a contact phone number and email address, and your child's name, date of birth and condition in order to join you as a library member. We store your details securely on our internal database, which we never share with any third parties.

Who can join the library?

Membership is open to the parents and carers of any child aged 16 or under with a neuro-developmental condition. We don't ask you to provide official confirmation of your child's condition in order to join the library. SENCOs at schools and nurseries and co-ordinators of family groups etc can also join the library.

How do I borrow books?

To borrow a book either email library@cerebra.org.uk with your request or phone her on 0800 32 81 159 option 1, then option 2. You can borrow two books at a time for 28 days at a time.

We send the books out in the post with a freepost label for you to return them at the end of the loan period. Loan times can be extended as long as no-one else is waiting.

How do I borrow toys?

To go on the waiting list to borrow a sensory toy either email library@cerebra.org.uk or phone her on 0800 32 81 159 option 1, then option 2. You can borrow one toy at a time for 28 days at a time.

Sensory toys are delivered by carrier, we will contact you first to find out when will be convenient for you.

At the end of the loan period just contact us saying where and when you want the carrier to come and we will make the booking.

Please bear in mind the sensory toys are extremely popular and there is likely to be a wait to borrow one. Members can go on the waiting list for two sensory toys at a time.



Working wonders for children with brain conditions

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www.cerebra.org.uk

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