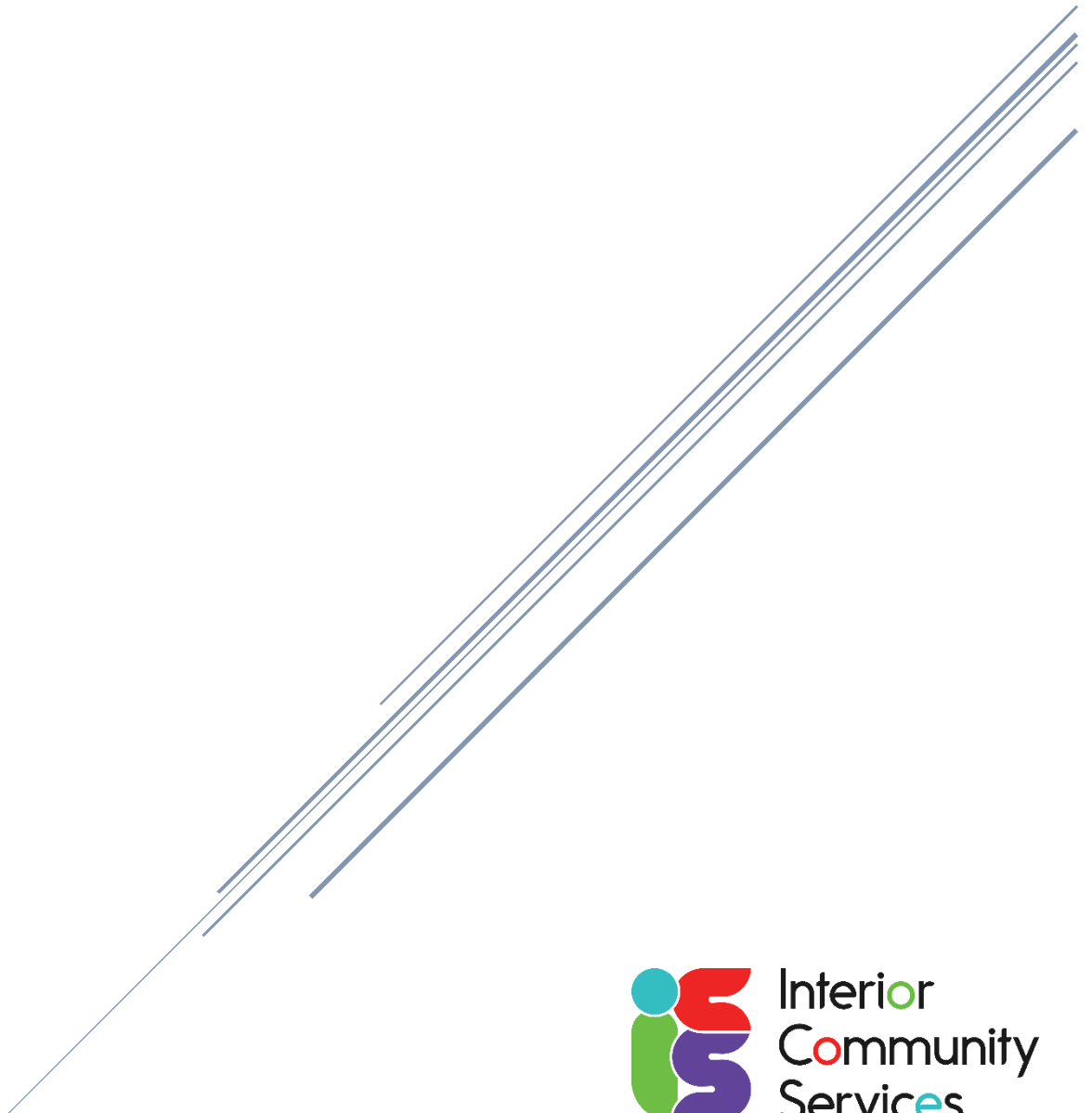


NEURODIVERGENT LEARNING RESOURCES



Enriching Lives, Strengthening Communities

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Books

FOR OUR KIDDOS

The Brain Forest

by Sandhya Menon (2022)

Come explore The Brain Forest, which follows a mother and her son down the path of understanding the different ways brains can be. Brains that go fast, brains that go slow, brains that do what they're told, brains that say NO! A heart-warming read that helps celebrate neurodiversity without dismissing its challenges, and centers around building a strengths-based society where everyone is valued for what they have to offer. This book helps start conversations and offers ideas to the reader about what they can do to create more inclusive environments.

Executive Functioning Workbook for Kids:

by Dr. Sharon Grand (2021)

40 Fun Activities to Build Memory, Flexible Thinking and Self-Control Skills at Home, in School and Beyond Help kids grow their executive functioning skills with activities for ages 6 to 9. Executive functioning is the name for the skills we use to pay attention, complete tasks, and remember important things. But that's a lot for a brain to do every day—especially for kids. The Executive Functioning Workbook for Kids helps them train their brain to improve their memory, flexible thinking, and self-control. Kids will explore 40 hands-on activities to help them conquer executive functioning skills at home, at school, and out in the world.

Executive Functioning Workbook for Kids:

By Roy D Pan (2022)

A Fun Adventure with Bora the Space Cat to Learn How to Plan, Prioritize, and Set Goals in Everyday Life The Executive Functioning Workbook for Kids is hardly a workbook at all but a light-hearted story of Bora the Space Cat's adventures by Roy D. Phan, Ph.D. Under the guise of Bora's visits to different planets, readers ages 9-12 will strengthen their planning, prioritization, and problem-solving skills by completing missions, such as collecting crystals for portals and helping cute space animals.

Focus and Thrive: Executive Functioning Strategies for Teens

by Laurie McNulty (2020)

Tools to Get Organized, Plan Ahead, and Achieve Your Goals - full of practical tools to help teens uncover strengths & develop executive functioning skills like staying focused, getting organized, making plans & managing time.

The Grit Guide for Teens: A workbook to Help You Build Perseverance, Self-Control and a Growth Mindset

by Caren Baruch-Feldman (2017)

When the going gets tough, it's time to get gritty. Written by a clinical child and school psychologist and based on the latest research, The Grit Guide for Teens will help you build perseverance, resilience, self-control, and stamina.

Growing Feelings: A Kids' Guide to Dealing with Emotions about Friends and Other Kids

by Eileen Kennedy-Moore & Christine McLaughlin (2021)

This book addresses a wide range of feelings children have about friends and other kids, including worry, guilt, jealousy, compassion, and gratitude. Through relatable cartoon stories, practical, research-based coping strategies, plus silly commentary from a cat and dog who have their own (questionable) ideas about what might help, kids get a hands-on approach that they can put into practice.

Hey Awesome: A Book for Kids About Anxiety, Courage and Already Being Awesome **By Karen Young (2018)**

Hey Awesome explains how the same brain that can make a child feel anxious sometimes, also comes with amazing strengths. This book also includes powerful tips for children on how they can manage their anxiety. First, we let them know how awesome they are, then we give them what they need to feel it for themselves.

Neurodiversity: What's That? **by Nadine Ramina Arthur (2022)**

Children are reaching an ever increasingly early age when they search the internet independently. Neurodivergent children are then faced with a tsunami of negative information about themselves relating to their diagnosis. Disordered, impaired and not being good enough is the message we are all being told. But what if there was an alternative? There is! Understanding neurodiversity enables parents and children to learn about disability and differences positively, promoting self-esteem and acceptance. This book is neurodivergent friendly! It uses large clear fonts on a light-coloured background, making the book easier to read for dyslexics and those with visual stress. Sentences and pictures are spaced out without too much crowding, to facilitate ease of reading. The book is concise, which helps younger children and those with attention difficulties.

What is Your Superpower?: Growing and Glowing with FASD **by Hannah Denberg (2025)**

Join the inspiring journey of children with Fetal Alcohol Spectrum Disorder (FASD) as they showcase their unique strengths. This story celebrates the power of love, support, and personal growth, showing that every challenge can present an opportunity to shine. It highlights how everyone - family, friends, service providers, and the community - plays a vital role in supporting those with FASD. Perfect for families, educators, and young readers, this heartwarming book will inspire greater awareness and encourage readers to embrace and celebrate differences.

Your Baby Brain is Loud Tonight **by Andrea Chatwin and Leanne Stem**

Your baby brain is loud tonight' is a story that children and parents can relate to when they are building a secure and trusting relationship. Bedtime is often a challenging time of day and this book was written to help parents and children understand why this happens.

You Weren't With Me **by Chandra Ghosh Ippen (2019)**

Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit's love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart. "Sometimes I am very mad. I don't understand why you weren't with me," says Little Rabbit, "I worry you will go away again." Big Rabbit listens carefully and helps Little Rabbit to feel understood and loved. This story was designed to help parents and children talk about difficult separations to help them reconnect and find their way back to each other.

Youtube video of the author reading the story can be found at: <https://youtu.be/J9u7kblwqU>

Check out her many other books including: **Once I was Very Scared & Mamma's Waves (a book on parent addiction)**

Free PDF can be downloaded by going to: <https://piploproductions.com/stories/once/>

Youtube video of the author reading the story can be found at: <https://www.youtube.com/watch?v=DcAPbDpgoso>

PARENTING OUR KIDDOS

The A-Z of Therapeutic Parenting

by Sarah Naish (2018)

Strategies and Solutions Check out her other books including: **The Quick Guide to Therapeutic Parenting** (written with Sarah Dillon)

The Connected Child and The Connected Parent

by Karyn Purvis (2007 & 2020)

Embracing Hope: Innovative Strategies To Empower Parents Raising Neurodiverse Teens

by Carl Young & Joel Sheagren (2025)

This comprehensive guide by Carl Young & Joel Sheagren addresses parents raising neurodiverse teens with ASD, ADHD, FASD, and trauma-related challenges. The authors, both fathers with lived experience, bridge the gap between neuroscience and practical parenting strategies. This book breaks new ground by the first to explicitly include **FASD in neurodiversity discussions alongside ASD, ADHD and trauma.**

The Out-of-Sync Child

by Carol Kranowitz and Lucy Jane Miller (2022)

Check out her other books: **Growing an In-Sync Child, The Out-of-Sync Child Has Fun, The Out-of-Sync Child Grows Up and The Goodenoughs Get in Sync.** She also has a Sensory Issues in Learning and Behaviour DVD

Please Explain Anxiety to Me!: Simple Biology and Solutions for Children and Parents

by Laurie E Zelinger and Jordan Zelinger (2014)

What's happening to me? This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. **Please Explain Anxiety to Me, 2nd Edition** gives accurate physiological information in child friendly language.

Raising Kids with Big Baffling Behaviours

by Robyn Gobbel (2023)

Check out her website too: <https://robyngobbel.com/>

The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired

by Dr. Dan Siegel and Tina Bryson (PhD) (2021)

One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence
Check out their other books, including: **The Whole Brain Child**

TEACHING OUR KIDDOS

Beyond Behaviors Flip Chart

by **Mona Delahooke, Ph.D. (2021)**

In the Beyond Behaviors Flip Chart, therapists, teachers, and childhood providers will discover a new way to approach children's behavioral challenges. Instead of using reinforcement schedules, sticker charts, time-outs, and other such practices to address problem behaviors, this chart introduces cutting-edge techniques that are compassionate and neuroscience-based to support children dealing with: - Behavioral challenges - Conduct disorder - Oppositional defiance - Attachment difficulties - Childhood anxiety - Separation anxiety - Childhood trauma - Adverse childhood experiences (ACES) - Sensory processing challenges The simple, user-friendly format includes: - 22 full-color diagrams on client-facing pages - Additional explanations and examples on each corresponding therapist-facing page - Dry-erase client pages for easy mark-up and reuse With this psychoeducational, in-session tool, you will learn the fundamental concepts behind the Beyond Behaviors approach. **Check out her book too!!**

Connections Over Compliance: Rewiring Our Perceptions of Discipline

by **Lori Desautels (2024)**

The developing brains of our children need to "feel" safe. Children who carry chronic behavioral challenges are often met with reactive and punitive practices that can potentially reactivate the developing stress response systems. This book deeply addresses the need for co-regulatory and relational touch point practices, shifting student-focused behavior management protocols to adult regulated brain and body states which are brain aligned, preventive, and relational discipline protocols. This new lens for discipline benefits all students by reaching for sustainable behavioral changes through brain state awareness rather than compliance and obedience.

The Essential Guide to Raising Complex Kids with ADHD, Anxiety, and More:

by **Elaine Taylor-Klaus (2020)**

What Parents and Teachers Really Need to Know to Empower Complicated Kids with Confidence and Calm The Essential Guide to Raising Complex Kids is a wake-up call, a clear path for action, and a message of inspiration, providing a reality-based recipe for raising complex kids, while not making yourself (or your family) crazy in the process. Parenting expert Elaine Taylor-Klaus of ImpactADHD.com walks you through a proven coach-approach method that provides essential tools for clearly setting effective and realistic expectations for your kids to eliminate daily battles and constant upheaval. It doesn't matter if your child has ADHD, anxiety, learning disabilities, autism, depression, ODD, or attachment issues—complex kids struggle with some aspects of life and learning, and they need your understanding and support. A coach-approach will help you communicate, collaborate, and guide kids of all ages on a path to independence and success.

Lost & Found: Unlocking Collaboration and Compassion to Help Our Most Vulnerable, Misunderstood Students (and All the Rest)

by **Dr. Ross Greene (2021)**

Helping Behaviorally Challenging Students (and, While You're At It, All the Others!) An evidence-based approach for understanding and helping kids with concerning behaviors. Check out his other books: **The Explosive Child (2021)** and **Lost and Found (2016)**

Teaching the Hurt Child: Relationships Between Trauma, Attachment and Learning

by **Andrea Chatwin**

SENSORY SOLUTIONS

Raising A Sensory Smart Child

by Lindsey Biel and Nancy Peske (2009)

The Definitive Handbook for Helping Your Child with Sensory Processing Issues – This book is older but comes with a lot of great ideas and strategies.

The Out of Sync Child

by Carol Stock Kranowitz (2022)

Recognizing and Coping with Sensory Processing Disorder

Sensory Processing 101

by Dayna Abraham, Claire Heffron, Pamela Braley & Lauren Drobnjak (2015)

Sensory Processing Explained: A Handbook for Parents and Educators

by Sharla Kostelyk & Heather Greutman (2018)

In Sensory Processing Explained, find all you need regarding sensory processing in one easy-to-navigate handbook. You'll gain the tools you need to help your child or student navigate their senses. You will also find strategies and activities that will benefit all children. This book is three books in one so that you will get exactly the sensory processing information that's right for you

EXECUTIVE FUNCTIONING

FLIPP the Switch 2.0: Mastering Executive Function Skills from School to Adult Life for Students with Autism by Carol Burmeister (MA), Sheri Wilkins (PhD), Dr. Rebecca Silva (2021)

This book provides educators with detailed information about executive function skills and evidence-based practices that can be used with students with autism spectrum disorder who experience EF deficits to be more successful in school, at home, in the community, and in the future.

Smart but Scattered: 2nd Edition

by Peg Dawson, Richard Guare & Colin Guare (2024)

The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential All kids occasionally space out, get sidetracked, run out of time, or explode in frustration--but some do it much more often than others. The authors explain the crucial brain-based skills that 4- to 12-year-olds need to get organized, stay focused, and control their impulses and emotions. Handy questionnaires help parents home in on their own child's executive strengths and weaknesses. Armed with a better understanding of their "smart but scattered" kid, readers can use proven strategies to boost skills that are lacking, fix everyday routines that don't work, and reduce everyone's stress. Readers can download and print a wealth of practical tools.

Your Kid's Going to Be Okay

by Michael Delman (2018)

Your Kid's Gonna Be Okay feels more like a conversation with a friend than a non-fiction book about executive function. Author Michael Delman uses humor, wit, and optimism to connect the role of executive function with academic success and resilience. In place of textbook jargon, Delman shares personal anecdotes about his childhood and time as a teacher, parent, and coach, all of which make the book engaging and relatable for parents of tweens and teens. Your Kid's Gonna Be Okay delves into timely topics like gaming addiction, time-sucking activities, and test anxiety to illustrate how executive dysfunction manifests in youth. He clarifies that behavior and habits can change and provides a blueprint with tips for managing anxiety, distractions, and more.

AUTISM

Autism, Sensory and Behaviour: Everything You Need to Know

by **Dr. Temple Grandin and Dr. Deborah Moore (2025)**

Temple Grandin draws on her own experience to deliver an essential resource for guiding and nurturing autistic individuals with sensory differences. She gets to the REAL issues of autism in this book—the ones parents, teachers, and individuals on the spectrum face every day. Most autistic individuals deal with a variety of sensory differences, and in this book Dr. Grandin sheds light on the best ways for them to adapt and thrive. In these helpful pages, Dr. Grandin offers do's and don'ts, practical strategies, and try-it-now tips, all based on her insider perspective and extensive research.

The Loving Push: A Guide to Successfully Prepare Spectrum Kids for Adulthood (2nd Ed)

by **Dr. Temple Grandin and Dr. Deborah Moore (2022)**

Preparing Kids for the Real World and Their Best Selves. Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum need this essential roadmap to prepare our youth for being successful adults in today's world.

The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism

by **Naoki Higashida (2016)**

A story never before told and a memoir to help change our understanding of the world around us, 13-year-old Naoki Higashida's astonishing, empathetic book takes us into the mind of a boy with severe autism.

Uniquely Human: Updated and Expanded: A Different Way of Seeing Autism

by **Barry M. Prizant Ph.D. (Author), Tom Fields-Meyer (2022)**

Instead of classifying "autistic" behaviors as signs of pathology, Dr. Prizant sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. Rather than curb these behaviors, it's better to enhance abilities, build on strengths, and offer supports that will lead to more desirable behavior and a better quality of life.

FASD

Essential FASD Supports

by Nate Sheets (2023)

Understanding and Supporting People with Fetal Alcohol Spectrum Disorders

Trying Differently Rather than Harder: Rethinking Neurodiversity Transforming Lives

by Lynn Alsup, Nathalie Brassard and Melissa Elligson (2025)

Updated and Expanded from Diane Malbin's original work

What is Your Superpower?: Growing and Glowing with FASD

by Hannah Denberg (2025)

Join the inspiring journey of children with Fetal Alcohol Spectrum Disorder (FASD) as they showcase their unique strengths. This story celebrates the power of love, support, and personal growth, showing that every challenge can present an opportunity to shine. It highlights how everyone - family, friends, service providers, and the community - plays a vital role in supporting those with FASD. Perfect for families, educators, and young readers, this heartwarming book will inspire greater awareness and encourage readers to embrace and celebrate differences.

OTHER TOPICS

A Child's View of Grief: A Guide for Parents, Teachers and Counselors

by Alan D. Wolfelt, PH.D.

You Are a Social Detective!

by Michelle Garcia Winner and Pamela Crooke

Explaining Social Thinking to Kids, 2nd Edition

PDF Documents

My Booklet BC

by Family Support Institute Toolkits

<https://mybookletbc.com/>

A Free online tool that families and people with disabilities can use to create a personalized information booklet. This puts all the important information in one document that you can print share.

Alberta Caregiver College

<https://caregivercollege.ca/>

Neurodevelopmental Disabilities Toolkit, Transition Planning Toolkit (see our handout on transition planning to adulthood), etc.

Back to School: Working with Teachers and Schools – Helping Your Child Succeed in School

by Learning Disabilities Association of America

<https://ldaamerica.org/info/back-to-school-working-with-teachers-and-schools-helping-your-child-succeed-in-school>

Check out their other resources too!

Best Discipline Strategies for ADHD Children

By ADDitude Magazine

<https://www.additudemag.com/download/how-to-discipline-a-child>

Education Toolkit

by Family Support Institute Toolkits

<https://familysupportbc.com/toolkit-resources/>

Check out their other resources too!

FASD & Complex Trauma Resource for Educators

by Marninwarntikura Women's Resource Centre (Australia)

<https://static.fasdoutreach.ca/resources/f/fetal-alcohol-spectrum-disorder-fasd-and-complex-trauma-a-resource-for-educators/FASD-and-Complex-Trauma-Resource-for-Educators.pdf>

Inclusive Education Services: A Manual of Policies, Procedures and Guidelines 2024

By Ministry of Education and Child Care

https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/inclusive/inclusive_ed_policy_manual.pdf

Inter-Ministerial Protocols for the Provision of Support Services to Schools

By Ministry of Education

<https://www2.gov.bc.ca/assets/gov/education/kindergarten-to-grade-12/teach/teaching-tools/inclusive/provision-of-support-services-to-schools.pdf>

Neurodivergent Apps and Equipment

by Autism BC

<https://www.autismbc.ca/blog/resource-guide/neurodivergent-apps-and-equipment/>

Parent Advocacy Toolkit: Developing Accessible and Inclusive Social-Emotional Learning Approaches for Students With Disabilities
by National Center for Learning Disabilities

<https://www.ncld.org/wp-content/uploads/2021/06/Parent-Toolkit.pdf>

Parent Toolkit
by QED Foundation

<https://allkindsofminds.org/parent-toolkit/>

Parent's Handbook on Inclusive Education

By Inclusion BC

<https://inclusionbc.org/resource/parents-handbook-on-inclusive-education>

Quality over Quantity: Elements of Effective Homework
by Challenge Success

<https://challengesuccess.org/wp-content/uploads/2021/04/Challenge-Success-Homework-White-Paper-2020.pdf>

Special Ed Policy Manual
by BC Ministry of Education

https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/independent-schools/special_ed_policy_manual.pdf

Transitional Planning for Youth and Young Adults

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults>

7 Approaches to Alternative Assessments
at ASCD by Denise Pope

<https://ascd.org/el/articles/7-approaches-to-alternative-assessments>

This research backed article gives you some great ideas and alternatives to testing – especially the end of semester tests which often our kiddos do not succeed at.

8 Magic Keys
at POPFASD

<https://www.fasdoutreach.ca/>

Works well for some children and school districts in BC are willing to work with these strategies.

10 WAYS TO Help Your Teen Succeed in High School (or Middle School or Elementary)
at Nemours KidsHealth

<https://kidshealth.org/en/parents/school-help-teens.html>

They have other articles such as Homework Help, etc.)

Don't forget to check out the handouts too!

Webinars / Videos / Podcasts

ADDitude Magazine

<https://www.additudemag.com/>

Ongoing parenting webinars (**Can't make it? Register and receive the replay link**) Be sure to check out their past webinars too!

ADHD Dude

https://www.youtube.com/channel/UCL3hX8PFFe2UI_BlnQvQYFw

ADHD Dued is Ryan Wexelblatt LCSW, ADHD-CCSP. "Ryan is the father to a son with ADHD, a Licensed Clinical Social Worker, Certified School Social Worker, ADHD Certified Clinical Services Provider and the leading expert on social skills for boys." His Youtube videos are "a modern-family focused approach, anchored in experience."

CANFASD Webinars

<https://canfasd.ca/>

The Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD) is a collaborative, interdisciplinary research network, with collaborators, researchers and partners across the nation. It is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network.

Crash Course YouTube videos

<https://www.youtube.com/@crashcourse>

This is a great site for homework helps. You'll actually enjoy learning about all sorts of different topics!

Social Thinking

<https://www.socialthinking.com/>

Developmental Resources to Foster Social Emotional Learning Across all Ages

Current free webinars include: **Exploring our Children's Stress, Demystifying Executive Functions and Understanding Self-Regulation.**

Supporting Inclusive and Responsive Learning Environments Video Series

<https://www2.gov.bc.ca/gov/content/education-training/k-12/teach/resources-for-teachers/inclusive-education/videos>

A series of 9 instructional videos to support inclusive and responsive learning environments, featuring Shelley Moore.

Thriving Kids Podcast

<https://childmind.org/resources/podcast/>

Sept 12, 2025 Podcast: **How Do I Help My Child Do Well in School?**

Understood.Org

<https://www.understood.org/>

Understood is the leading nonprofit empowering the 70 million people with learning and thinking differences in the United States. They cover the basics on learning challenges such as: Dyslexia, Dyscalculia, Written Expression Disorder and other learning disorders.

Check out their Through My Eyes website as well <https://www.understood.org/en/through-my-eyes>

Websites

CAREGIVING

Provincial Support Agencies Caregiver Learning Network www.pscacln.ca
Provincial agency working to support caregivers across BC with virtual (and mostly free) trainings.

ADDitude Magazine <https://www.additudemag.com/>
Ongoing parenting articles. They have a current article (Sept 2025) on “The Truth About Your Child’s Lies”

Centre on the Developing Child at Harvard University <https://developingchild.harvard.edu/resources/>
The Center strives to present information, especially scientific information, in a way that is accessible to a wide range of readers.

Child Mind Institute <https://childmind.org>
The leading independent nonprofit in children’s mental health by delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow’s breakthrough treatments.
Check out their School Resources Page too! <https://childmind.org/topics/school/>

Family Support Institute <https://familysupportbc.com/>
provincial not for profit society committed to supporting families who have a family member with a disability (numerous drop-ins and trainings)

Parent Support Services Society of BC <https://www.parentsupportbc.ca>
Protecting the safety and wellbeing of children and promote the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.

Raising Children.net.au <https://raisingchildren.net.au/>
The Australian Parenting Website

Robyn Gobbel <https://robbygobbel.com/>
She has lots of free resources including infographics, podcasts and webinars (with free ebooks).

Support to Family Care Network Program www.icsfp.info/resources
For Out of Care / Kinship Caregivers there is a page just for you! www.icsfp.info/outofcareproviders

EDUCATION

BC School & District Contact Information

<https://bcschoolcontacts.gov.bc.ca/>

You can find school contacts including their names, position, phone number and email address.

Diversity in BC Schools

<https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/legislation-policy/public-schools/diversity-in-bc-schools>

This website explains the policy around diversity in BC.

Inclusion BC

<https://inclusionbc.org/>

Learning Disabilities Association of America

<https://ldaamerica.org/>

Support. Educate. Advocate. Since 1964, LDA has provided support to people with learning disabilities, their parents, teachers and other professionals with cutting edge information on learning disabilities, practical solutions, and a comprehensive network of resources. These services make LDA the leading resource for information on learning disabilities.

POP FASD

<https://www.fasdoutreach.ca/elearning>

POPFASD is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the educational needs of students with Fetal Alcohol Spectrum Disorder (FASD) through FASD-informed practice that benefits all students. Their website provides educational resources, such as: eLearning Videos; Print Resources; Conferences & Events; FASD News; and downloadable resources.

Understood.org

<https://www.understood.org/>

Understood provides resources so people who learn and think differently can thrive – in school, at work and throughout life.

FASD

CANFASD

<https://canfasd.ca/>

The Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD) is a collaborative, interdisciplinary research network, with collaborators, researchers and partners across the nation. It is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network.

Know FASD

<http://knowfasd.ca/>

This site introduces the neurobehavioral difficulties that may appear throughout the lifespan of individuals with FASD. KnowFASD is an outreach project created by the "Intervention on FASD" Network Action Team (iNAT) of the Canada FASD Research Network

SENSORY

Sensory Health

www.sensoryhealth.org

Sensory Smarts

www.sensorysmarts.com

Lindsey Biel's sites with great resources and links to other sites.

Be sure to check out her PDFs such as her Sensory Checklist, Surviving Sound Sensitivity, etc.

YOUTH & TRANSITIONS

AgedOut.com

<https://agedout.com/>

AgedOut.com is for youth and young adults who were in government care in B.C. It's an up-to-date source of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care

FBCYICN

<https://fbcyicn.ca/>

The Federation of BC Youth in Care Network (FBCYICN) is a youth-driven, peer-based, provincial non-profit organization dedicated to improving the lives of young people in and from care in B.C. between the ages of 14 and 24..

SAJE

<https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions>

SAJE (Strengthening Abilities and Journeys of Empowerment) young people with care experience may now access the SAJE program, which provides supports and services until the age of 27. Youth can be connected to a SAJE Navigator starting at age 14 through to 19.5. Beginning at age 18.5 SAJE Guides will take on this role (working collaboratively with the SAJE Navigator until the youth is 19.5) and continue to support young adults with planning and service access up until age 25.

To check which SAJE supports you are eligible for, go to the website and fill out the form available on the site.

Provincial Tuition Waiver Program

<https://fbcyicn.ca/>

The Provincial Tuition Waiver Program waives tuition and eligible fees for B.C students who are current or former youth in care studying full- or part-time at the undergraduate level at a B.C. public post-secondary institution, the Native Education College, or one of the approved union-based trades training providers.

Youth Futures Education Fund

<https://uwbc.ca/program/youth-futures-education-fund/>

For those formerly in government care pursuing post-secondary education without family or other support can seem like an impossible dream. United Way BC's Youth Futures Education Fund helps create equal educational opportunities for adults who have been in government care by providing low-barrier access to funds for basic living expenses like food, rent, technology, childcare and more. By addressing gaps students may encounter in a time of high living costs and inflation, we help ensure everyone wanting to pursue an education can do so. The fund is available to students on a Provincial Tuition Waiver.

MORE SITES

Social Thinking

Developmental Resources to Foster Social Emotional Learning Across all Ages

<https://www.socialthinking.com/>

National Child Traumatic Stress Network

The NCTSN works to help traumatized children and their families by raising public awareness of the scope and serious impact of child traumatic stress on the safety and healthy development of America's children and youth and to ensure that knowledge and skills are widely shared (American)

<http://www.nctsn.org/>

Danny with Words

Nonspeaking Autistic Writer and Advocate

<https://dannywithwords.com/about/>

Exclusion Tracker

Tracking children's experiences of exclusion to build a more inclusive Canada

<https://exclusiontracker.com/>