

Neurodivergent Parent Resource Kit

Tools, Books & Communities That Helped Me Feel Seen

Books That Opened My Eyes

- Divergent Mind by Jenara Nerenberg Helped me understand how autism and ADHD show up in women.
- Unmasking Autism by Devon Price Powerful and validating. Especially on masking and burnout.
- NeuroTribes by Steve Silberman A deep dive into the history and culture of autism.
- I Overcame My Autism and All I Got Was This Lousy Anxiety Disorder by Sarah Kurchak Funny, honest, and raw.
- A Radical Guide for Women with ADHD by Sari Solden Encouraging and affirming.

Apps & Tools That Keep Me Grounded

- TimeTree Shared family calendar that keeps us on the same page.
- Libby Free audiobooks from the library. My go-to escape + learning tool.
- ModivCare Reliable medical transport scheduling for appointments.
- Apple Notes Brain dumps, checklists, and quick reminders.
- Focusmate / Body-Doubling Playlists For getting unstuck on tough days.
- Walmart/Instacart Pickup Energy-saving grocery solutions.

Online Communities & Social Media Accounts

- @the.autistic.mom Real and relatable content from a fellow ND mom.
- @mombrain.therapist Neurodivergent therapist with helpful tips and insights.
- @devonpricephd Insightful content around masking, self-worth, and autism.
- Facebook Groups: 'Late Diagnosed Autistic Women', 'Neurodivergent Parenting'
- Explore #NeurodivergentTikTok for support and humor that actually helps.

Resources I Created (From My Blog)

- Am I Masking Too? Reflection Worksheet
- The Clutter Spiral ADHD & Overwhelm Breakdown
- Self-Advocacy Starter Prompts
- Journal Prompts from the 'Unmasking Motherhood' Series

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This is your reminder: you're not alone, you're not broken, and your needs are real.

You deserve support too.