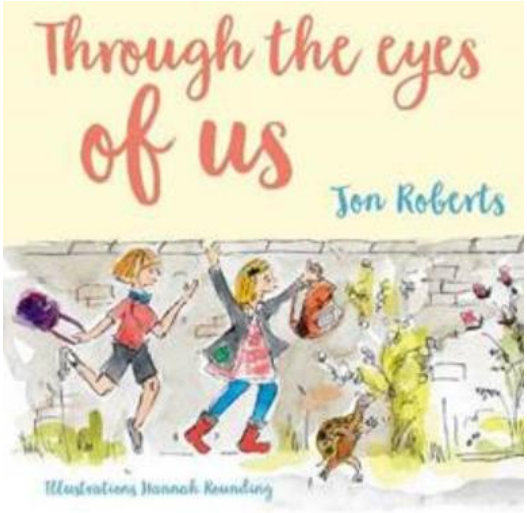
Autism Awareness – Book recommendations

At Eversley, we use our values based curriculum and PSHE lessons to discuss differences and to raise acceptance. Books are a great way to raise awareness and improve understanding of different experiences. Here are a few that you may like to read with your child. Next week, we will list some books aimed at older children.



Through the Eyes of Us
Author: Jon Roberts

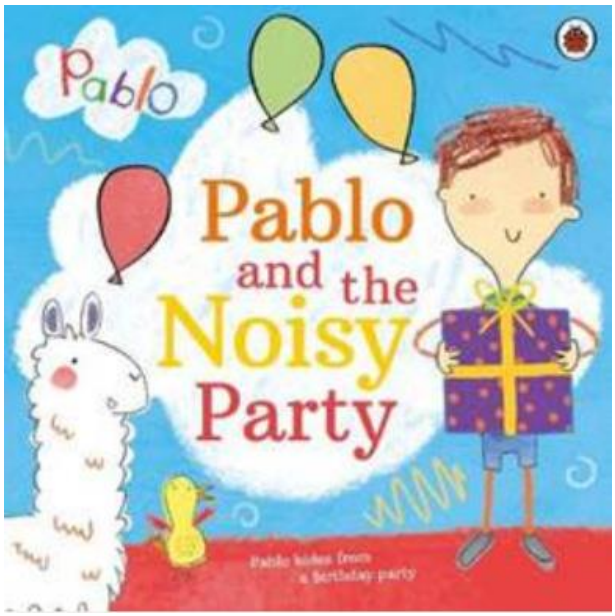
Reading age: 5+

Kya and Martha are like 'two different colours sitting on a beautiful rainbow'. They are both on the autistic spectrum, but this certainly does not mean that they are the same. We see them both enjoying school, but, while Martha tends to be chatty and outgoing, Kya takes time to process questions and likes to quietly repeat words. At bedtime, while they both like routines, Kya just wants to keep on moving while Martha knows when she needs to get to sleep. Autism is a spectrum, and no two experiences are identical.

Pablo and the Noisy Party
Author: Andrew Brenner and Sumita Majumdar

Interest age: 4-7

Fans of CBeebies will know Pablo and friends from the successful TV series with its all-autistic 'core' cast. This book illustrates how everyone is unique, with each animal displaying different traits to which some children will no doubt relate and all children can learn to understand. Amongst others there is a giraffe with anxiety, an orang-utan who can't keep still and a mouse who hates loud noises. Particularly effective is the way the book shows that it's okay for people not to feel the same as one another. In this story, both Pablo and Llama learn that they do not like parties, and Pablo's mother and friends fully understand and support them.



(Mrs Gonzalez & Miss Cookson)