Finding words for it

Three reads for making sense of demand avoidance, understanding someone else's experience or talking about what helps.

01

ADULTS AND SUPPORTERS

The Insider Guide to PDA

Sally Cat and Brook Madera · 2026

A lived-experience introduction to what everyday demands can feel like, including social expectations and ordinary requests. A good starting point if you want language for explaining your experience or understanding someone close to you.

Publisher details · Paperback ISBN 9781399830690

02

ADULT LIVED EXPERIENCE

The PDA Paradox

Harry Thompson · 2019

A candid memoir about school, work, relationships and mental health. Choose this if you want to follow one person's story across different stages of life. It also discusses substance use.

Publisher details · Paperback ISBN 9781785926754

03

TEENAGERS

The Teen's Guide to PDA

Laura Kerbey and Eliza Fricker · 2024

An illustrated guide written for teenagers. It offers ideas for talking about needs, advocating for yourself and navigating education. A teen can dip into whichever part feels relevant.

Publisher details · Paperback ISBN 9781805011835

A NOTE ON PDA

Some books use **Pathological Demand Avoidance (PDA)** in their titles. It is a debated term and is not a standalone clinical diagnosis. Lived experience can help you find language for your needs. For context, see the National Autistic Society's guide to demand avoidance.

Support at home and school

Three practical reads for the adults who can change routines, reduce pressure and make it easier to ask for support.

04

PARENTS AND CARERS

Low-Demand Parenting

Amanda Diekman · 2023

A practical guide with scripts and examples for identifying hidden demands and easing pressure at home. Start here if you want to rethink a routine that repeatedly leads to distress.

Publisher details · Paperback ISBN 9781839977688

05

PARENTS AND CARERS

The Family Experience of PDA

Eliza Fricker · 2021

An illustrated account of parenting, family expectations and the emotional load on carers. A good choice if a shorter, more visual read feels manageable and you want ideas about flexibility and collaboration.

Publisher details · Paperback ISBN 9781787756779

06

TEACHERS AND SUPPORT STAFF

Collaborative Approaches to Learning for Pupils with PDA

Ruth Fidler and Phil Christie · 2018

A guide to adapting learning environments with pupils. Use it to discuss one situation where a pupil needs more predictability, flexibility or support.

Publisher details · Paperback ISBN 9781785920172

TAKE ONE IDEA INTO EVERYDAY LIFE

Choose one recurring situation and ask the person what would help. Try one change, such as giving more notice or dropping an unnecessary step. Check how it felt for them afterwards. If you'd like to borrow a book, use the paperback ISBN to ask your local library.