

Links to useful PDA resources

Here is an example of one of a variety of books that can be used to share what PDA means, which you could share with your child: [The PDA-saurus by Sophie Cook Read Aloud](#)

This animation is a helpful look at how a child with PDA might be feeling <https://youtu.be/fdZNC3XsmoU>

There is also an introductory information session that draws together a lot of today's discussion <https://youtu.be/diHUmhPWXUY>