

Reading material

- Overcoming Your Child's Fears and Worries by Cathy Creswell and Lucy Willetts
- Being Autistic; Nine adults share their journeys from discovery to acceptance by Caroline Hearst ([click for PDF version](#))
- There's a Bully in My Brain by Kristin O'Rourke ([click for link to purchase](#))
- Females and Autism with The Art of Autism ([click to read](#))
- Understanding The Spectrum – A Comic Strip Explanation with The Art of Autism ([click to read](#))
- “No you're not” – a portrait of autistic women by Rosie Barnes ([click to read](#))

Workbooks

- What to Do When You Worry Too Much by Dawn Huebner
- What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner