



Motherness

DISCUSSION QUESTIONS

Spanning 13 years—beginning with pregnancy and ending with diagnosis—*Motherness* is a deeply personal account of an autistic mother raising an autistic child. It covers sensory processing, meltdowns, masking, empathy, bullying, special interests, and more. Tender and incisive, it's essential for parents navigating their own autism diagnoses.

1

What part of the memoir resonated with you the most — and why?

2

How does the author's experience with autism challenge or confirm societal assumptions?

3

Did the writing style (voice, structure, tone) enhance your connection with the story?

4

What moments in the book felt universal, regardless of neurotype or gender?

5

How did the author approach vulnerability, humour, or pain — and how did it affect you as a reader?

6

What surprised you most about the author's journey or diagnosis?

7

What conversations did this book spark for you about mental health, family, or community?

8

If you could ask the author one question, what would it be?

9

How might this memoir impact how you relate to neurodivergent people in your own life?

10

Would you recommend this book — and if so, to whom?