

CHILDHOOD NEURODIVERSITY

WHAT YOU NEED TO KNOW AS A PARENT OR CARER

Psychology in Schools Team

NSFT

CONFIDENTIALITY
AND PERSONAL
INFORMATION

Slido will be used as our main interaction tool

When answering questions please do **not** include personal or sensitive information such as names or anything that can identify you or your child

Slido is anonymous, but other users will be able to see what you have written

Our workshops are recorded and uploaded to YouTube, please be aware that anything said on Slido may be included in a publicly accessible recording

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How old is your child?

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Where do you live?

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**How would you rate your knowledge of
childhood neurodiversity?**

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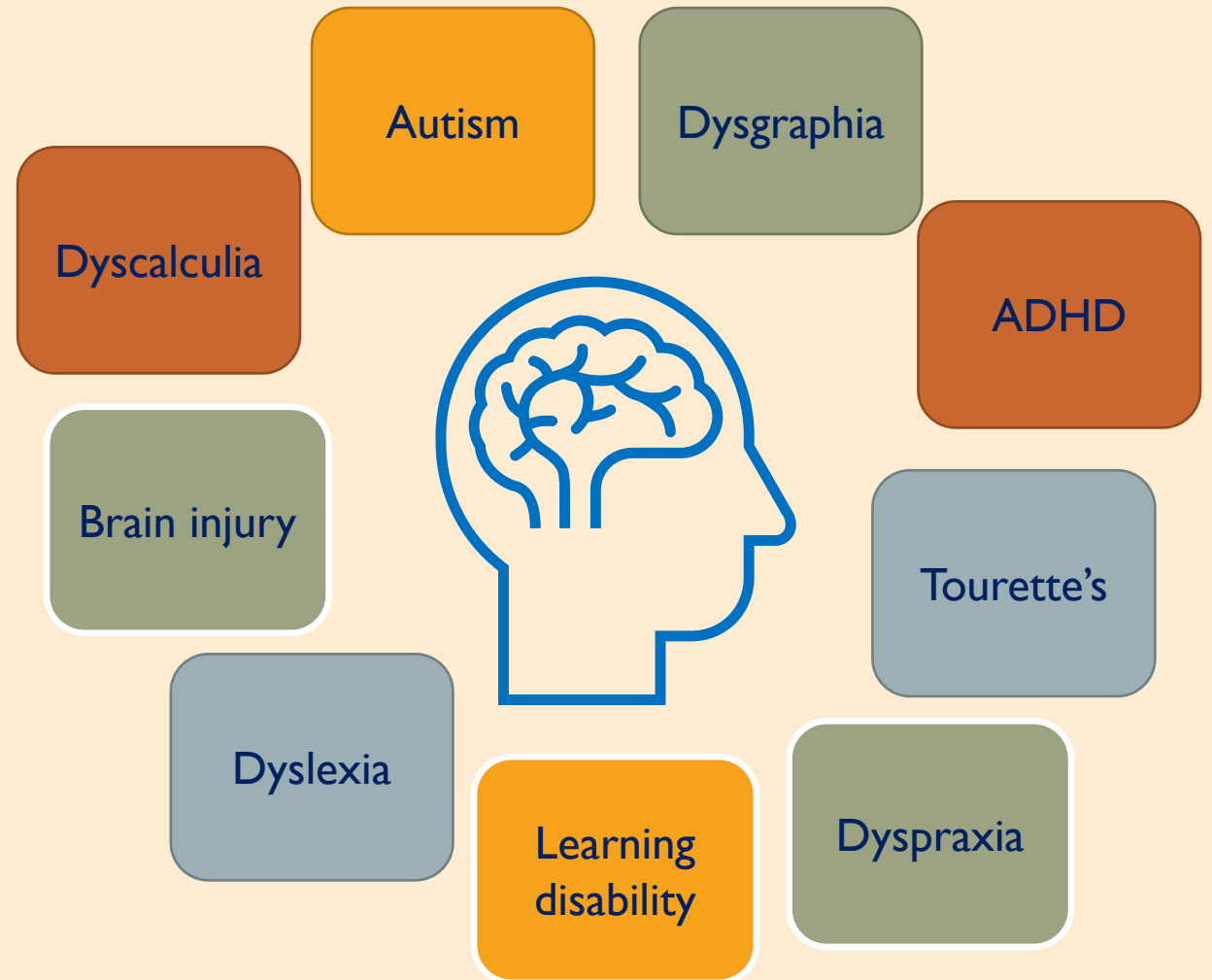


INTRODUCTION TO NEURODIVERSITY

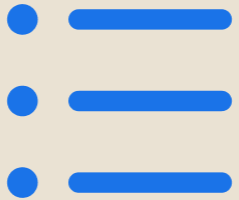
- What is neurodiversity?
- Neurodevelopmental diagnoses
- Co-occurring challenges
- Talking to children and schools about neurodiversity
- Further support and resources

WHAT IS NEURODIVERSITY?

- An 'umbrella term'
- Part of normal human evolution
- Neurotypical and neurodivergent



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What percentage of people are neurodivergent?

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WHAT IS NEURODIVERSITY?

- Language is a personal choice
- Neurodivergent community, sense of belonging



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What does neurodiversity mean to you?

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WHAT IS NEURODIVERSITY?

- The world is typically designed by and for 'neurotypical' people
- Disorder/deficit vs. strengths and challenges
- Moving towards better understanding, acceptance and adaptations



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What are your fears for your child?

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NEURODEVELOPMENTAL DIAGNOSES

- Autism
- ADHD
- Learning disability
- Specific learning disorders



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What are some of the biggest challenges your child's neurodivergence brings to them or your family?

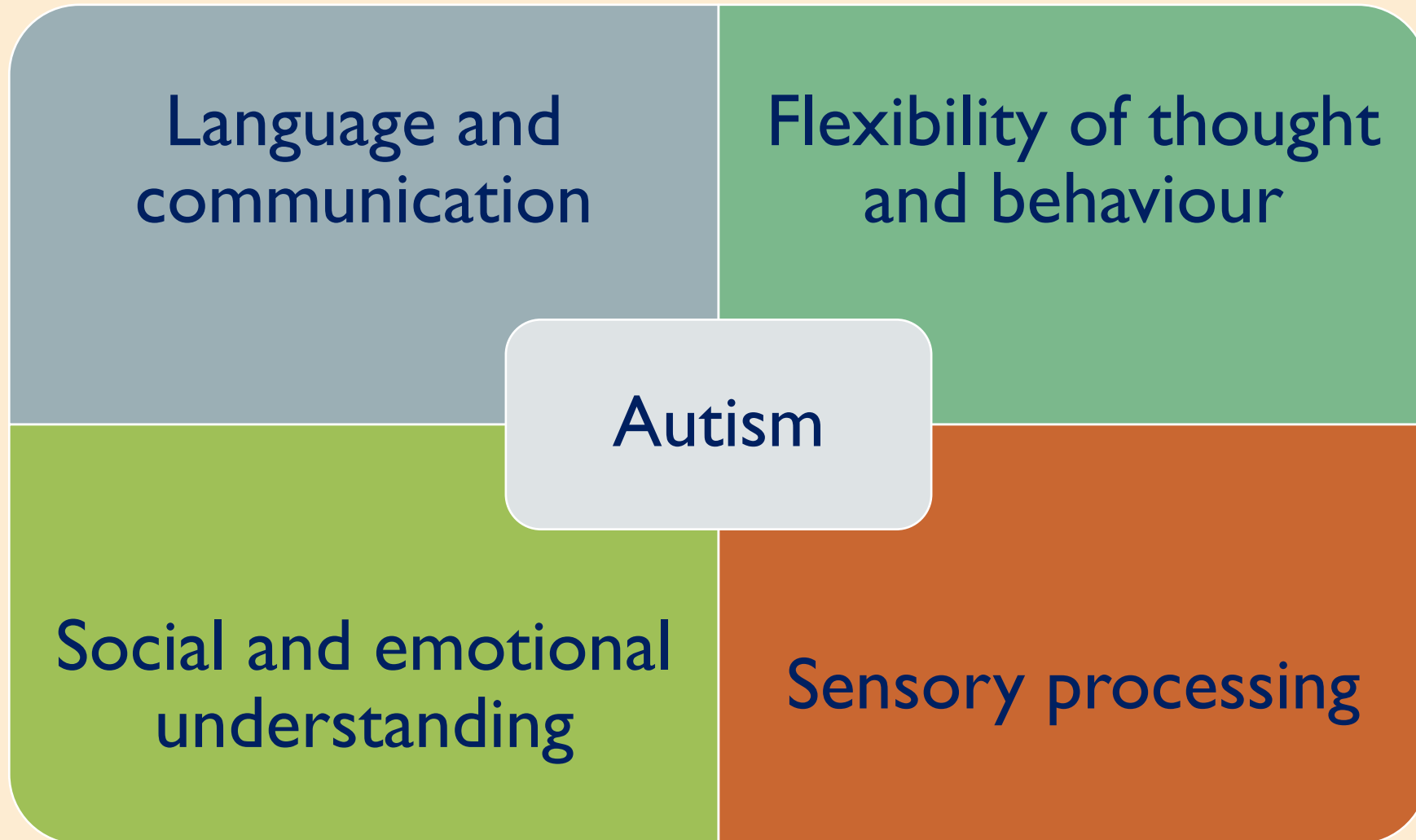
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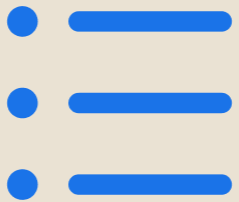


What are some of your child's strengths?

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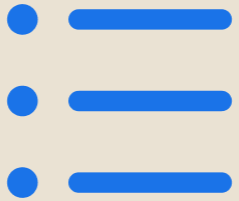
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True or false? Autistic people don't like socialising

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True or false? All autistic people have genius abilities

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True or false? Autistic people have empathy

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AUTISM IN GIRLS

- Under-recognised
- More socially motivated
- Masking
- More likely struggle with emotions

<https://www.acamh.org/podcasts/how-autism-presents-differently-in-girls/>



AUTISM
STRENGTHS

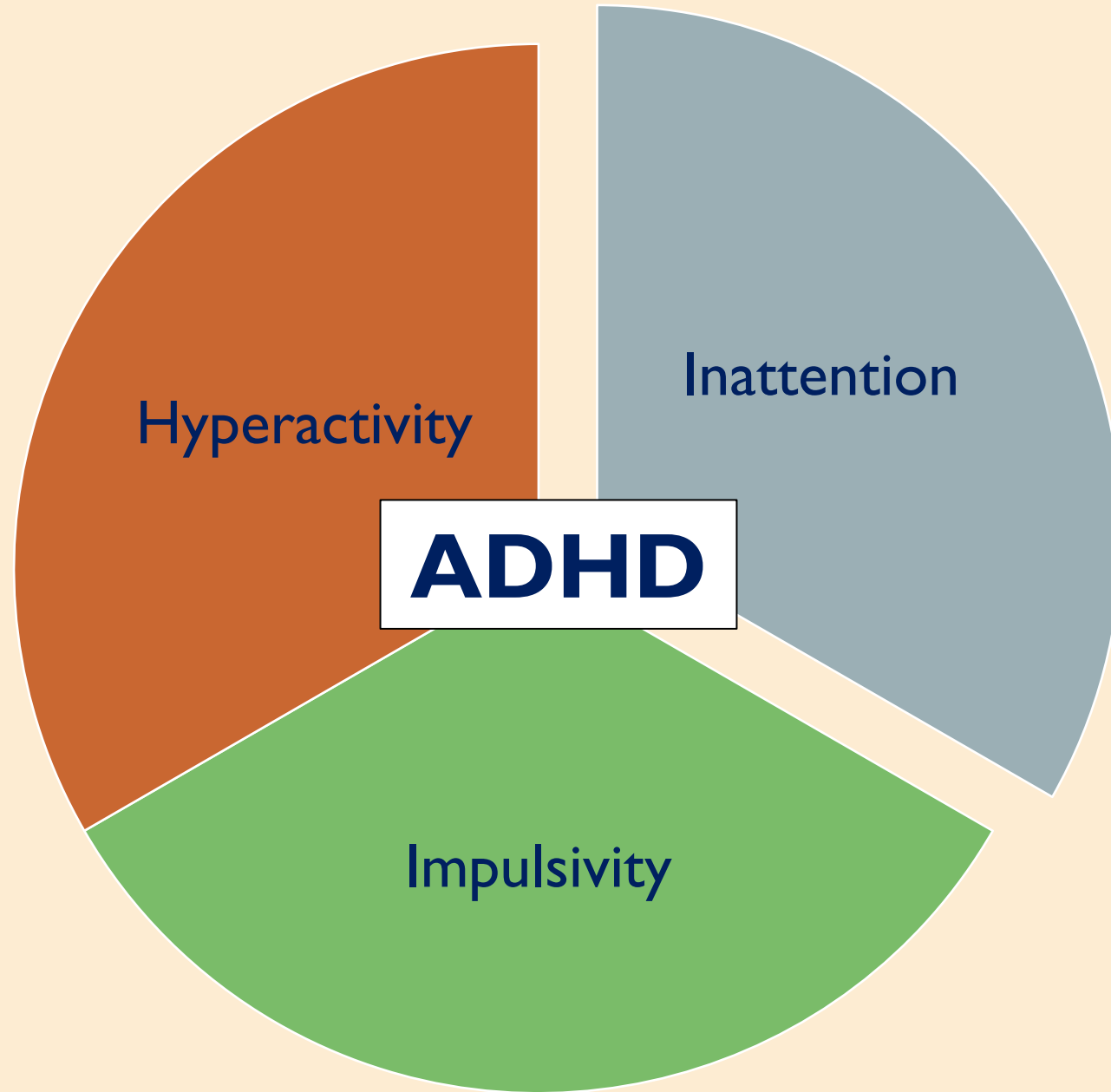
Loyalty

Morals

Attention to detail

Deep focus

In-depth knowledge



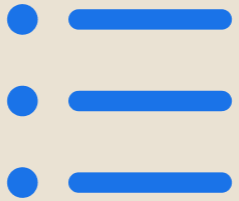
ADHD

Hyperactivity

Inattention

Impulsivity

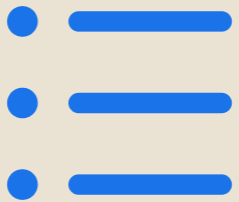
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**True or false? ADHD doesn't exist,
some children are just naughty**

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**True or false? Children with ADHD
can concentrate on some things**

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True or false? ADHD only affects boys

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ADHD
STRENGTHS

Creativity

Courage

Spontaneous

Hyperfocus

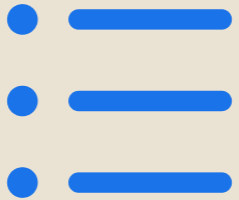
Energetic

**Low
intellectual
functioning**

**Daily life
skills**

**Learning
Disability**

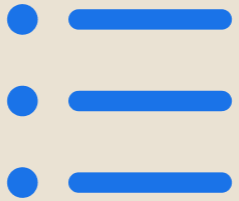
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True or false? Autism is a learning disability

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True or false? People with a learning disability can be independent

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LEARNING
DISABILITY
STRENGTHS

Friendly

Loving

Honesty

Interests and hobbies

Resilience

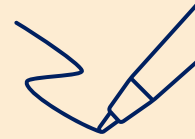
SPECIFIC LEARNING DISORDERS



Dyslexia



Dyscalculia



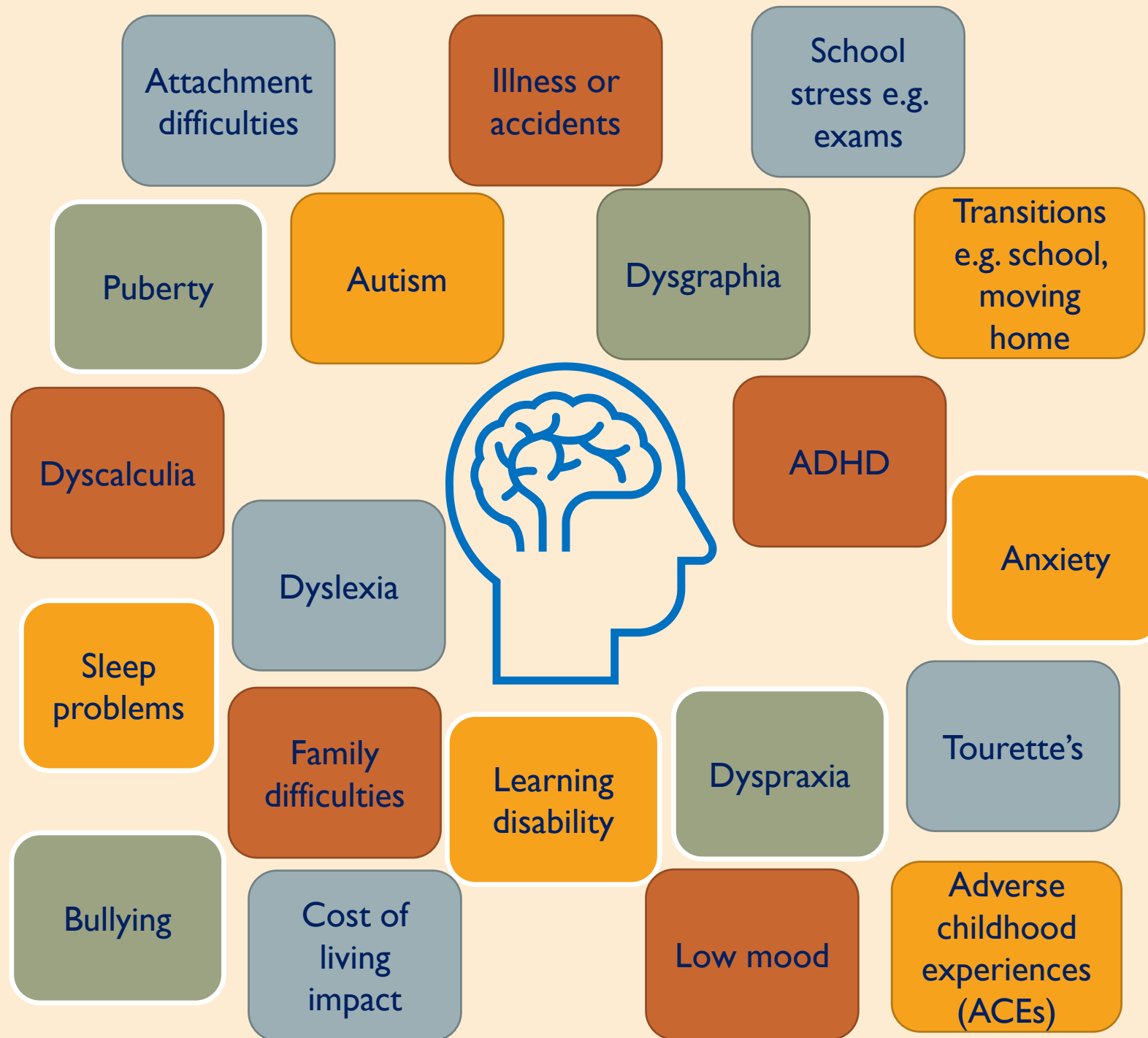
Dysgraphia



Dyspraxia

CO-OCCURRING CHALLENGES

- High co-occurrence between neurodivergent conditions and other childhood difficulties
- Impact of other factors on children's lives



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If your child already has a diagnosis, or if you are pursuing a diagnosis, what do you think is valuable about having a diagnosis for your child?

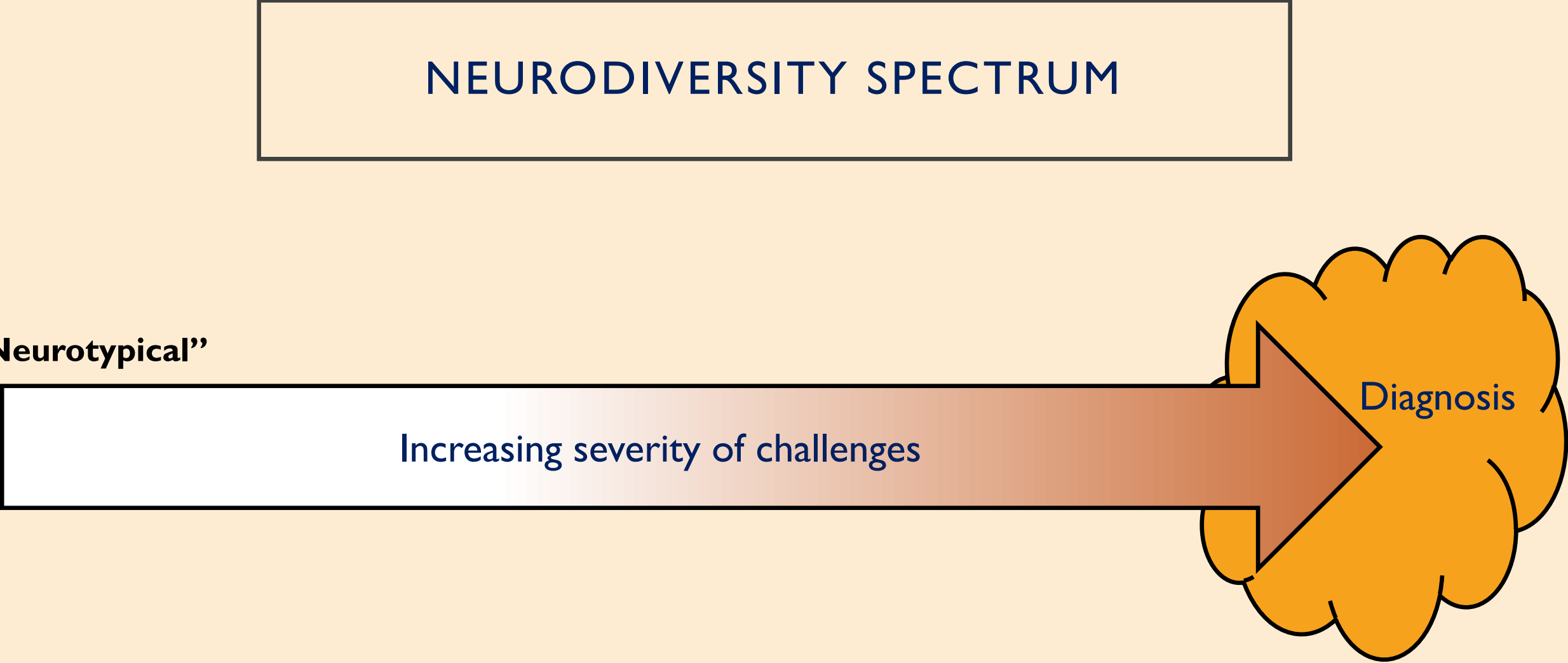
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NEURODIVERSITY SPECTRUM

“Neurotypical”

Increasing severity of challenges

Diagnosis





**ACCESS TO SUPPORT IS NEEDS-BASED
NOT DIAGNOSTIC**

TALKING TO CHILDREN ABOUT NEURODIVERSITY

- [The Umbrella Gang Comics](#)
- [Newsround video: What is Neurodiversity?](#)
- NAS video on autism [Amazing Things Happen](#)
- [Comic book on understanding the autism spectrum](#)
- Fun workbook for kids – [Detectives Elena and Ruben Learn All About ADHD'](#)
- [A Teenager's Guide to ADHD](#)



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What do you love about the uniqueness of your child?

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TALKING TO SCHOOL ABOUT NEURODIVERSITY

- Who can you speak to?
- Children can access needs-based support regardless of diagnosis
- Learning About Neurodiversity in School (LEANS) curriculum free for primary schools

Everyone's Included:

Talking to your child's school about neurodiversity

[Parent and Carer Information Sheet and FAQs](#)



[LEANS Everyone is Included Talking to your child's school about neurodiversity.pdf](#)

NEURODEVELOPMENTAL ASSESSMENTS

Autism / ADHD

- Pre-school age – speak to GP, early years or health visitor
- School age – speak to school to make joint referral to the Suffolk Neurodevelopmental Pathway

Learning disability

- Discuss with nursery, school or college
- Contact the GP – possible referral to paediatrics

Specific learning disorder e.g. dyslexia

- Discuss with school e.g. SENCo
- School can arrange consultation with specialist teachers

INFORMATION AND ADVICE

- [What is autism?](#)
- [Understanding and supporting my child's ADHD](#)
- [What is a learning disability? | Mencap](#)
- [What are Specific Learning Difficulties \(SpLDs\)?
- The Dyslexia Association - The Dyslexia Association](#)

USEFUL WEBSITES

- [National Autistic Society](#)
- [The ADHD Foundation](#)
- [Learning Disability Matters](#)
- [Contact](#) (for families of disabled children)

CHILDHOOD NEURODIVERSITY WORKSHOP PROGRAMME

FUTURE WORKSHOPS

- **Managing big feelings including anxiety and low mood** – Monday 3rd July 1pm
- **How the brain develops** – Tuesday 8th August 6pm
- **Understanding and managing behaviour** – Thursday 7th September 1pm
- Other workshops dates TBC: impact of early life stress/trauma, sensory processing, eating difficulties, communication difficulties, cognitive difficulties, sleep problems, using technology and social relationships

OTHER FREE WORKSHOPS

Psychology in Schools Team

Upcoming live parent workshops on mental health:

- Building resilience, managing the next steps
- Supporting our young people with anxiety
- Supporting our young people with eating difficulties
- Supporting children/adolescents (11 years+) with sleep

Recorded previous workshops on NSFT YouTube:

- Low mood, school avoidance, tics and Tourette's, self-harm, managing behaviour, social media, trauma, OCD, managing exam stress and more!

www.nsft.uk/workshops Eventbrite page

<https://www.youtube.com/c/NsftNhsUk/videos>

SENDIASS

Parent workshops on SEND including:

- What is a special educational need (SEN)?
- SEN support in schools
- EHC Needs Assessment
- Preparing for school transitions

Recorded previous workshops on YouTube

[Parent & carer information sessions - Suffolk SENDIASS](#)

[Suffolk Sendiass - YouTube](#)