



PARENT RESOURCE

TRAINING NETWORK

# SUPPORTING A CHILD AFTER DIAGNOSIS



A diagnosis can bring relief, understanding and answers –  
but it can also bring lots of questions and emotions.

**With the right support, your child can thrive.**



## WHAT DOES A DIAGNOSIS MEAN?

A diagnosis helps explain your child's strengths and challenges. It is not a label – it is an understanding.

### It can help to:

- ✓ Make sense of your child's experiences
- ✓ Access the right support and adjustments
- ✓ Build self-understanding and self-acceptance
- ✓ Reduce blame and uncertainty
- ✓ Plan for the future with clearer information



**REMEMBER:** Your child is still the same – it's the support that can change.



## HOW YOU CAN SUPPORT YOUR CHILD

✓ **Learn together** – Find out about their diagnosis so you understand and can explain it in a positive way.

- ✓ **Talk openly** – Encourage questions and feelings.
- ✓ **Listen and validate** – Acknowledge their emotions without trying to fix everything.
- ✓ **Focus on strengths** – Celebrate what they're good at and what makes them unique.
- ✓ **Build a support network** – Connect with professionals, other parents and peer groups.
- ✓ **Work in partnership** – Collaborate with school and professionals to create the right support.
- ✓ **Encourage independence** – Support them to develop skills and confidence.



**REMEMBER:** Your belief in your child helps them believe in themselves.

## PRACTICAL WAYS TO SUPPORT EVERY DAY



### ROUTINE AND STRUCTURE

Predictable routines help reduce stress and build security.



### CLEAR COMMUNICATION

Use clear, simple language. Check they understand and feel heard.



### ADAPT AND ADJUST

Make reasonable adjustments at home and school where needed.



### CELEBRATE PROGRESS

Focus on effort, small steps and personal achievements.



### SUPPORT WELLBEING

Encourage sleep, healthy food, movement and time to relax.



### CONNECTION MATTERS

Help them build positive friendships and feel part of a community.



### BE THEIR ADVOCATE

Speak up for their needs and help them know their voice matters too.



## WHEN TO SEEK EXTRA HELP

Seek additional support if your child:

- ✓ Is struggling with their mental health
- ✓ Has a big change in behaviour or mood
- ✓ Is finding daily life overwhelming
- ✓ Is having thoughts of harming themselves
- ✓ You feel overwhelmed or unsure how to help

**You don't have to manage this alone.  
Help is available.**



*We're Here to Help*

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: [g@hhtrainingnetwork.com](mailto:g@hhtrainingnetwork.com)



Website: [hhtrainingnetwork.com](http://hhtrainingnetwork.com)



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Helping children and families build  
a healthier, happier future.



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