



UNDERSTANDING NEURODIVERSITY

Every child's brain works in its own unique way.
Neurodiversity is about recognising, respecting and supporting differences
in how children think, learn, feel and experience the world.

Understanding leads to acceptance. Acceptance leads to support.

Support helps children thrive.



WHAT IS NEURODIVERSITY?

Neurodiversity means that differences in the brain are natural and part of human diversity. These differences can affect how children communicate, learn, behave and interact with the world.

Neurodivergent conditions include:

- ✓ Autism Spectrum Condition (ASC)
- ✓ Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Dyslexia
- ✓ Dyspraxia
- ✓ Tourette Syndrome
- ✓ Sensory Processing Differences
- ✓ And many more



REMEMBER: Neurodiversity is not a problem to be fixed – it is a difference to be understood and supported.



WHAT DOES THIS MEAN FOR MY CHILD?

Your child may experience the world differently.
They may:

- ✓ Process information in their own way
- ✓ Have strengths and challenges that are unique to them
- ✓ Feel things more intensely
- ✓ Need different strategies to succeed
- ✓ Struggle in environments that don't understand their needs
- ✓ Have amazing talents, creativity and skills



REMEMBER: Focusing on strengths, providing understanding and making simple adjustments can make a huge difference to your child's wellbeing, confidence and future.

HOW YOU CAN SUPPORT YOUR CHILD



LEARN AND UNDERSTAND

Learn about your child's differences. Knowledge helps you support them with empathy and confidence.



LISTEN TO AND BELIEVE THEM

Listen to how your child feels and experiences the world. Their voice matters.



CREATE STRUCTURE AND ROUTINE

Predictable routines provide safety and help your child feel more secure.



REDUCE OVERWHELM

Be mindful of sensory triggers. Create calm spaces and give time to regulate.



FOCUS ON STRENGTHS

Celebrate your child's interests, talents and achievements – big and small.



WORK TOGETHER WITH OTHERS

Collaborate with teachers, professionals and support networks to help your child thrive.



CHALLENGES MAY INCLUDE

- ✓ Difficulties with attention or concentration
- ✓ Sensory sensitivities (noise, light, touch, taste, smell)
- ✓ Communication and social interaction differences
- ✓ Emotional regulation and big feelings
- ✓ Executive functioning (organisation, planning, flexibility)
- ✓ Changes in routine or transitions
- ✓ Low self-esteem or anxiety



REMEMBER: Challenges are part of the picture, not the whole picture. With the right support, your child can reach their full potential.



We're Here to Help

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

- Evidence gathering for neurodevelopmental assessments
- Mental health assessments and reports
- Ongoing support appointments
- Parent resources and guidance



EDUCATE • EMPOWER • SUPPORT

Helping children and families build
a healthier, happier future.



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