

CHILDHOOD NEURODIVERSITY

SUPPORTING YOUR NEURODIVERGENT FAMILY

Psychology in Schools Team

NSFT

CONFIDENTIALITY
AND PERSONAL
INFORMATION

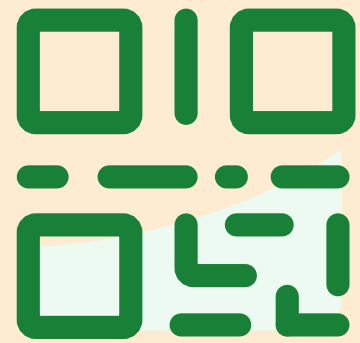
Slido will be used as our main interaction tool. We will not be able to use the Q&A function or answer raised hands.

Slido is anonymous, but other users will be able to see what you have written. When answering questions please do **not** include personal or sensitive information that can identify you or your child e.g, names.

By using Slido, you are consenting to your anonymised responses being used in possible service evaluation, research projects, publications and/or promotional material.

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

Do not edit
How to change the design



**Join at slido.com
#2449544**

① The Slido app must be installed on every computer you're presenting from

slido



How old is your child(ren)?



What stage are you at?



What presentation are you interested in today?



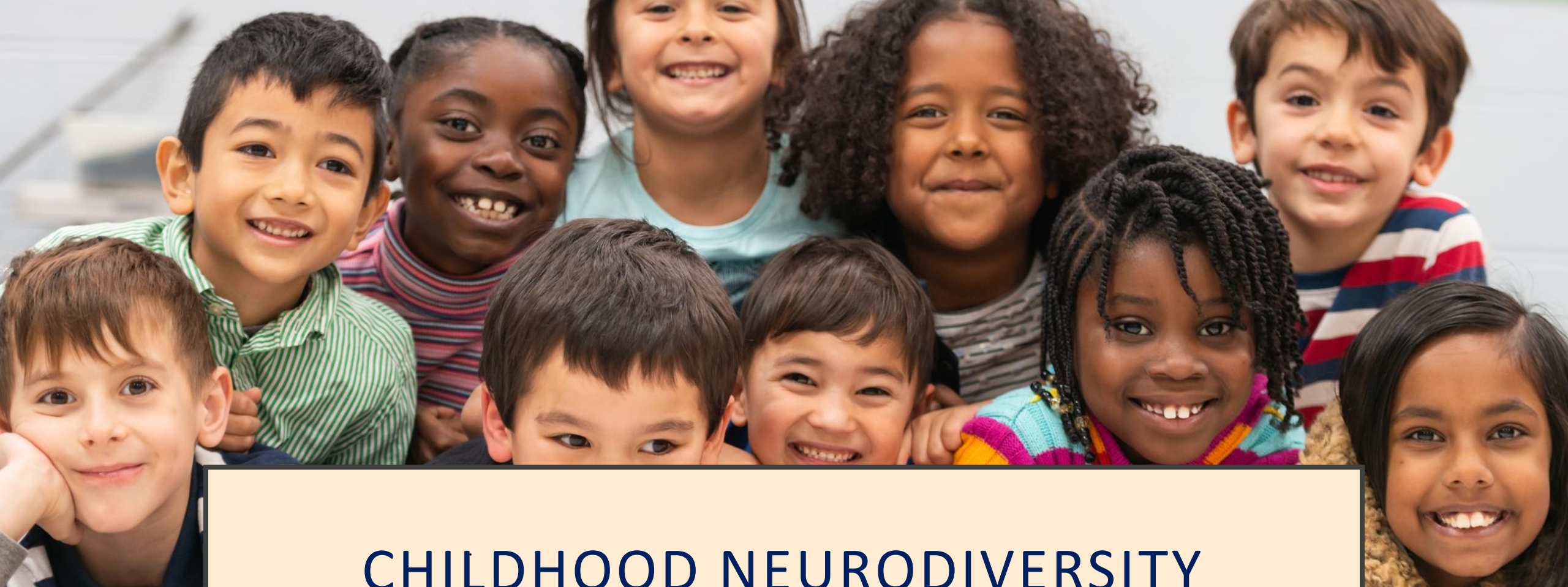
Are you a parent/carer who identifies as neurodivergent yourself?



How would you rate your current knowledge of supporting your neurodivergent family?



How would you rate your current confidence in supporting your neurodivergent family?



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WORKSHOP AIMS

Understand each other's experiences

Navigating common struggles

Nervous system and co-regulation

Strategies to help cope



WE ARE ALL UNIQUE



WHAT DO WE MEAN BY NEURODIVERGENT FAMILY?

- Siblings
- Parents
- Neurotypical and Neurodivergent





**What strengths do you recognise
come from being a neurodivergent
family?**



What do you struggle with as a neurodivergent family?

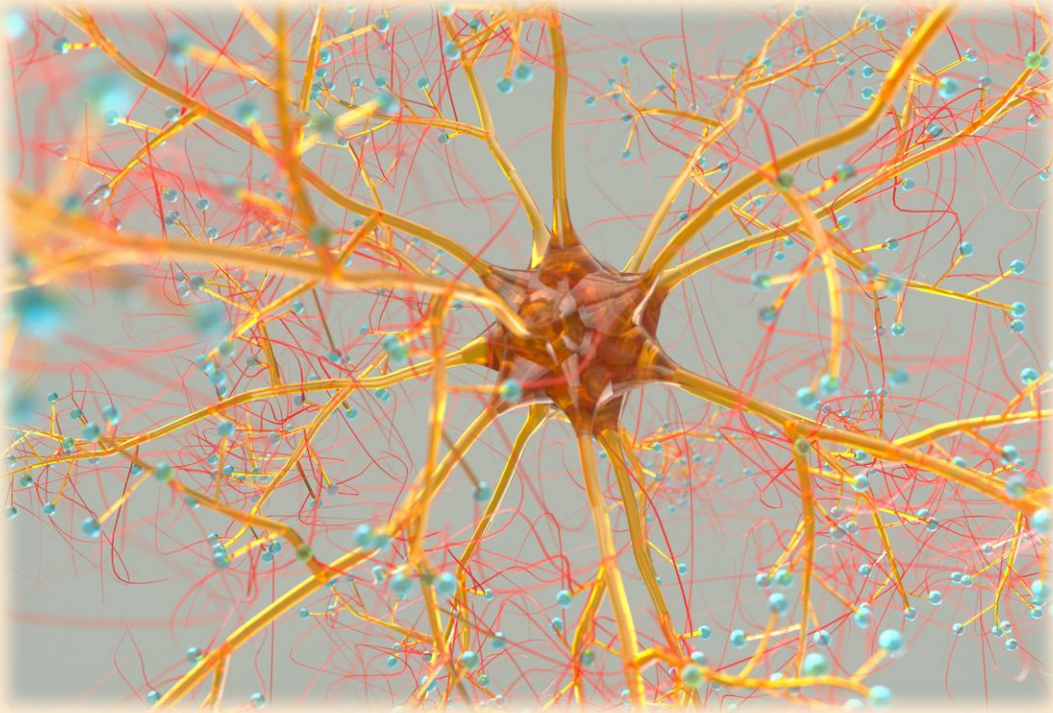


COMMON DIFFICULT SITUATIONS

- Mealtimes
- School
- Comparison
- Regulation
- Parent connection
- Sensory needs

You are not alone!

NERVOUS SYSTEM

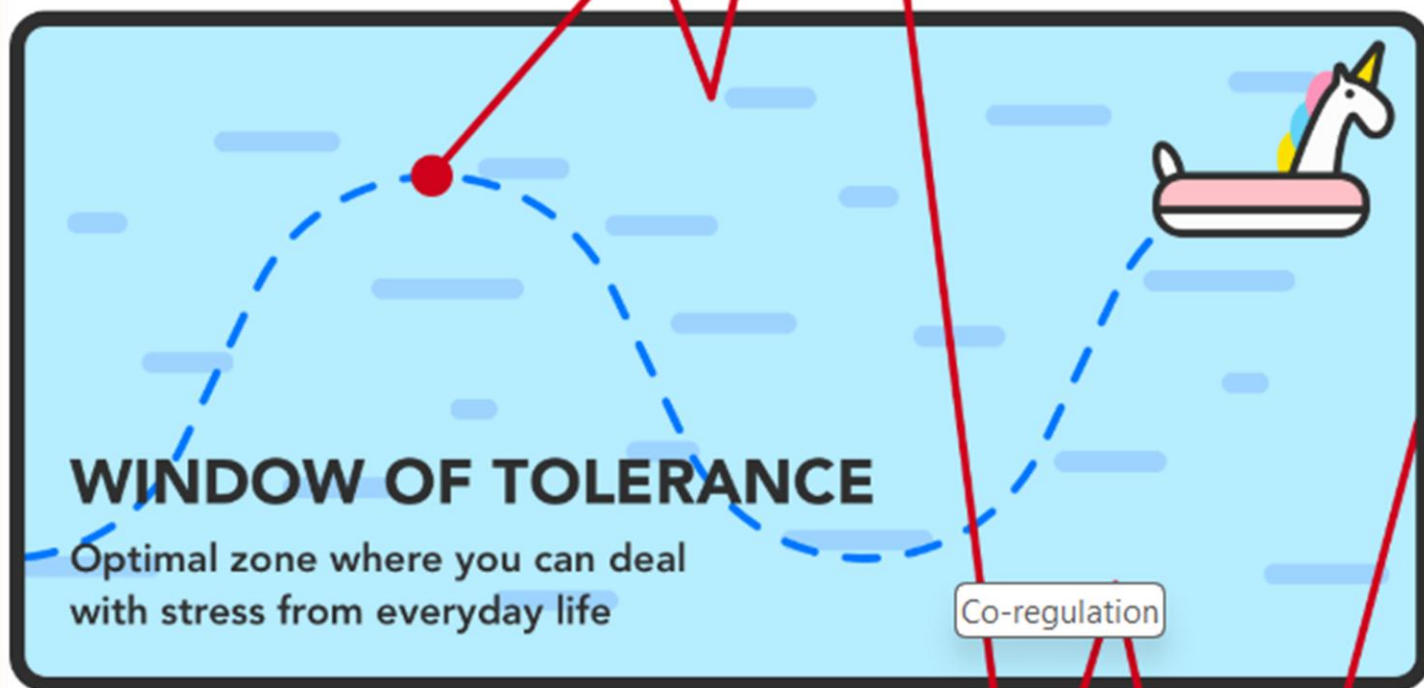


Our body's primary communication network responsible for mental processes, emotions, movement, sensory perception, homeostasis

- More sensitive- quicker to become overwhelmed and slower to return to baseline
- Double impact- influencing each others nervous systems
- ...Not your fault!

HYPERAROUSAL

Excessive activation/energy in the form of fight/flight responses



- — SMOOTH SAILING
- DYSREGULATION
- FIGHT/FLIGHT/FREEZE

HYPOAROUSAL

Freeze response, emotionally flat, lack of energy and response



What does it look like when you or someone in your family is out of their window of tolerance?

HOW MIGHT THIS LOOK IN FAMILIES

Parent

Overwhelmed by noise,
rushing to get out of
the door and
remember everything

→ Nervous system
aroused

Child

Senses urgency

→ Nervous system
interprets this as
unpredictable

→ Anxiety spikes

→ Meltdown

Both

Meltdown adds to
sensory load and time
pressure for parent

→ Overwhelm
increases for child

→ Both more reactive



What makes it difficult to stay regulated?

PERFECT STORM



Break



**WHAT CAN WE DO TO SUPPORT OUR
FAMILY SYSTEM?**

CO-REGULATION

- Supporting another person's nervous system
- Being present and connected
- Offering cues of safety
- Not about being calm all the time
- Returning to connection after rupture





Uses logic, can
'charge' into
solutions.



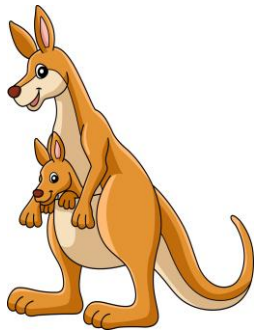
Avoids emotions,
buries head in the
sand.



Offers a balance of
caring and control.



Calmness, warmth and
compassion.



Overprotective, tries
to make everything
'right'.



Feels emotions strongly,
struggles to self-regulate.



What helps co-regulation in your family?

REPAIR AND RECONNECT

Things to include:

- Touch vs no touch preference
- Low pressure connection e.g., special interest sharing, watch TV, puzzles, shared quiet time, parallel activities
- What activates my threat response e.g., “we need to talk”
- Agreement of when to revisit topic

Quick wins:

- Make/give them a cup of tea
- A short text
- One thing I appreciate about you

“I want to get closer again, but I am not regulated yet”

“I am overwhelmed, can we pause for 15 minutes”

“This matters, and I want us to find a calm moment for it.”






How do you repair and connect in your family?


PRACTICAL STRATEGIES

- Routines (high need vs low need)
- Planning (predictability, flexibility)
- Boundaries (gentle, clear)
- Battle vs war
- Quick wins

Get Dressed 	Eat Breakfast 
Clean Up 	Brush Teeth 
Screen Time 	Baking 
School 	Play Outside 
Color 	Play Dough 
Walk 	Play Time 

SELF-CARE BINGO KIDS EDITION

READ 	PLAY A GAME 	WATCH A MOVIE 	HUG SOMEONE 	Drink water 
BE KIND 	READ 	WRITE 	DANCE 	HAVE FAMILY TIME 
HAVE FUN 	TAKE A NAP 	FREE 	BUILD 	GO FOR A WALK 
LISTEN TO MUSIC 	DO A PUZZLE 	DO EXERCISE 	EAT HEALTHY 	HAVE A COOKIE 
DO NOTHING 	TAKE CARE OF YOUR PET 	TAKE A BRAIN BREAK 	ASK FOR HELP 	SING 

Physical Boundaries	Emotional Boundaries	Verbal Boundaries	Time Boundaries
<p>protect my personal space & body</p> 	<p>protect my thoughts & feelings</p> 	<p>protect how we speak & what we discuss</p> 	<p>protect how I spend my time</p> 



What do you do for 'quick wins'?

HOW MIGHT THIS LOOK IN FAMILIES

Sibling one

Singing loudly for enjoyment and regulation

Sibling two

Becomes overstimulated, makes hurtful comments

Nervous system activated

Strategies

Identify different needs

Calm, validating presence to promote co-regulation

Supporting repair and reconnect



UTILISING STRENGTHS AND SPECIAL INTERESTS

Try mapping out the different strengths that each person brings to the family and consider how as a family you can use these strengths as a whole

TAKE HOME MESSAGES

★ Nervous systems and regulation can look different in neurodiverse families.

★ Connection and repair within families is important.

★ Remember to recognise the small wins as a family and use each others' strengths!

“So easy to leave feeling like ‘I can’t always do that’ or ‘I should have done that’. Repair is so important, it helps build resilience and model”

“You’re not failing just because you’re not doing things in the way others might do”

Childhood Neurodivergence: Managing Parental/Carer Stress

<https://www.youtube.com/watch?v=WM3Qz1sTusI&feature=youtu.be>

CHILDHOOD NEURODIVERSITY WORKSHOP PROGRAMME

Upcoming Live Parent/Carer Workshops on Neurodiversity:

- Supporting Your Child's Social Relationships – 21st May 2026 at 12pm
- Understanding and Supporting Sensory Needs – 24th June 2026 at 1pm
- Navigating the Diagnosis Journey– 14th July 2026 at 1pm

Recorded Workshops on a range of neurodiversity topics:

- Supporting your child with sleep
- Supporting your child with eating difficulties
- Supporting your child/young person with low mood
- Managing Big feelings
- Managing parental/carers stress
- And more!



PSYCHOLOGY IN SCHOOLS: FREE LIVE WORKSHOPS AND VIDEO RECORDINGS

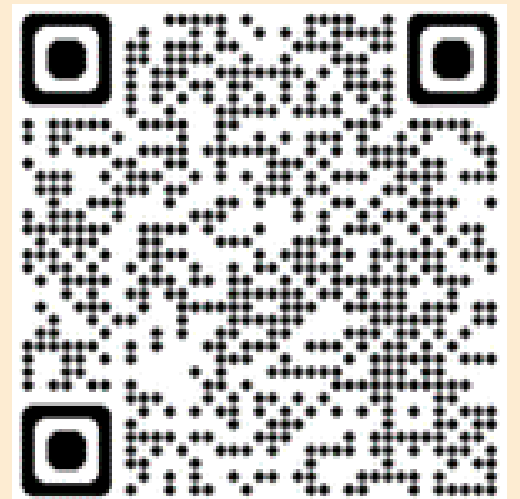
Upcoming LIVE Parent/Carer workshops on mental health:

Book on Eventbrite [Psychology in Schools Team - NSFT Events - 10 Upcoming Activities and Tickets | Eventbrite](#)

Recorded previous mental health workshops on a range of topics:

- School Avoidance, Tics and Tourette's, Self-harm, Managing Behaviour, Social Media, OCD, Exam stress and more!

www.nsft.nhs.uk/parent-workshops



OTHER FREE WORKSHOPS

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](#)

RESOURCES

- **Suffolk Parent Carer Forum (SPCF)**
- **Parents And Carers Together (PACT)**
- **Special Educational Needs and Disability Information Advice and Support Service (SENDIASS)**
- **LEAPS Suffolk**
- **National Autistic Society**
[Online Community](#)
- **ADHD UK** [Support - ADHD UK](#)
- [Support and advice – Neurodiversity](#)
- I am Dr Tuesday – Instagram and podcasts



How would you rate your knowledge in supporting your neurodivergent family



How would you rate your confidence in supporting your neurodivergent family?



I have found this workshop helpful



What two things will you take away from today's workshop?



One thing to improve this workshop is...

Childhood Neurodiversity: Parent/Carer Feedback Survey



If you would like to share any feedback on this workshop, please access the feedback survey by scanning the QR code or clicking the link below:

<https://forms.office.com/e/xAjg9U4zUJ>