



SpeechWise

Supporting your Neurodivergent Child

Neurodiversity means that brains work in many different ways. Some young people think, communicate & experience the world differently - this is completely normal.



Neurodivergent conditions include...

Autism Spectrum Condition (ASC): A neurodevelopmental condition affecting the way a person communicates and processes information about the world around them.

Attention Deficit Hyperactivity Disorder (ADHD): A neurodevelopmental condition affecting a person's attention, level of activity and impulse control.

Developmental Language Disorder (DLD): A neurodevelopmental condition affecting the way a person's ability to learn, use and understand language.

Pathological Demand Avoidance (PDA): A behaviour profile affecting someone's ability to manage everyday tasks and demands.

Why is a neurodiversity-affirming approach important?

- It helps every young person feel accepted and not a problem to be 'fixed'
- It supports better mental health and nurtures mutually understanding relationships
- It builds self-esteem and encourages personal expression

An affirming approach is a willingness to learn from our children, not change them.

What can Parents do to Help?

Be curious about your child's interests: notice what excites them and ask questions.

Create clear predictable routines: predictability reduces anxiety

Support their self-advocacy: encourage them to express needs and make choices.

Follow their lead: let your child guide play, conversation, or learning sometimes.

Model calm communication: demonstrate expression of feelings in a calm way.

