

CHILDHOOD NEURODIVERSITY

WHAT YOU NEED TO KNOW AS A PARENT OR CARER

Psychology in Schools Team

NSFT

ACKNOWLEDGEMENT OF YOUR JOURNEY



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

slido



How old is your child?

ⓘ Start presenting to display the poll results on this slide.

slido



We are waiting for..

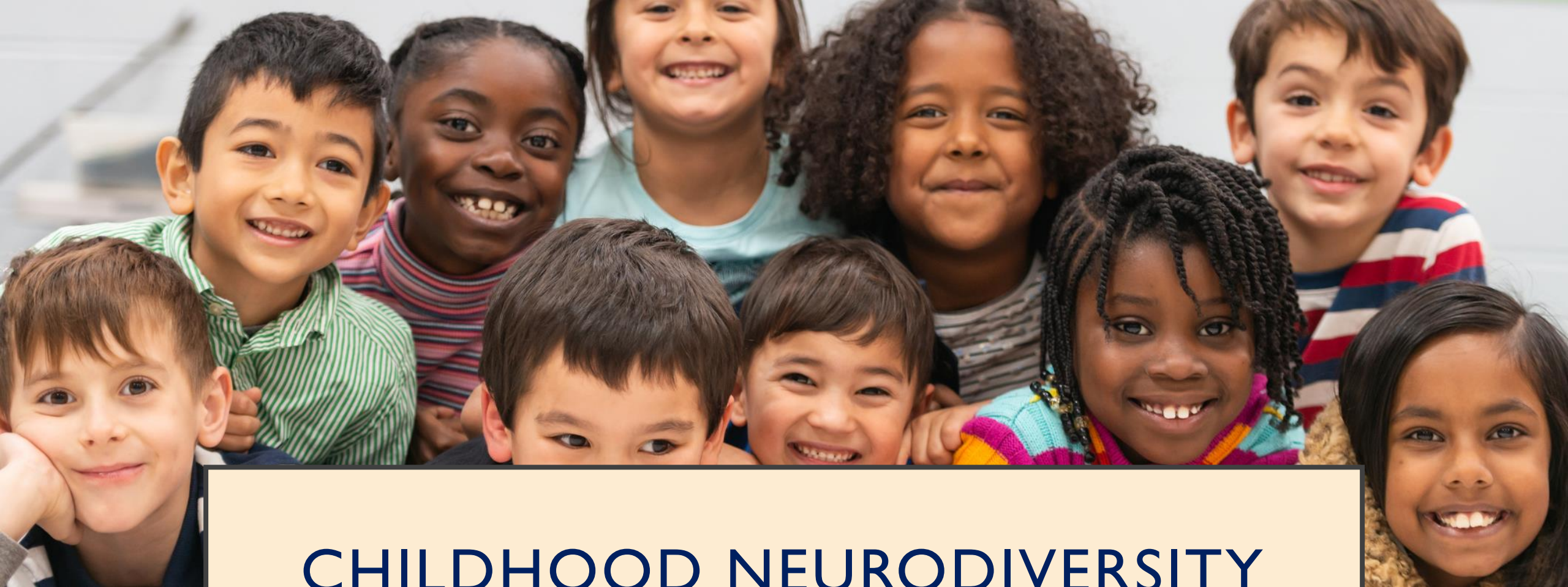
① Start presenting to display the poll results on this slide.

slido



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

ⓘ Start presenting to display the poll results on this slide.



CHILDHOOD NEURODIVERSITY

WHAT YOU NEED TO KNOW AS A PARENT OR CARER

Psychology in Schools Team

NSFT

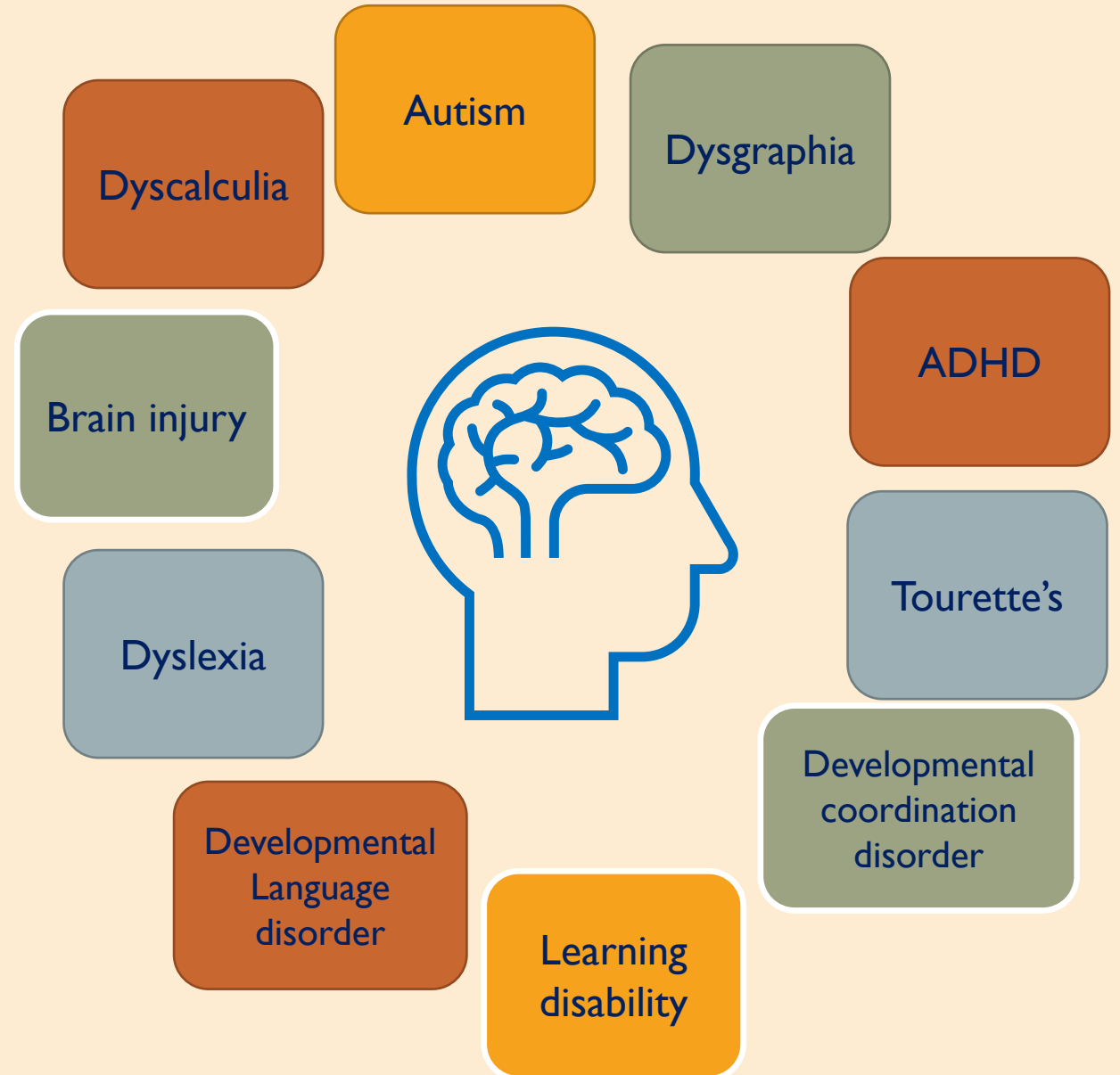


INTRODUCTION TO NEURODIVERSITY

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

WHAT IS NEURODIVERSITY?

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



slido



What percentage of people are neurodivergent?

ⓘ Start presenting to display the poll results on this slide.

LANGUAGE IS A PERSONAL CHOICE

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



slido



What does neurodiversity mean to you?

ⓘ Start presenting to display the poll results on this slide.

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



slido



What are your fears for your child?

① Start presenting to display the poll results on this slide.

NEURODEVELOPMENTAL DIAGNOSES

- Autism
- ADHD
- Learning disability
- Specific learning disorders
- Speech and language disorders including developmental language disorder



slido



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

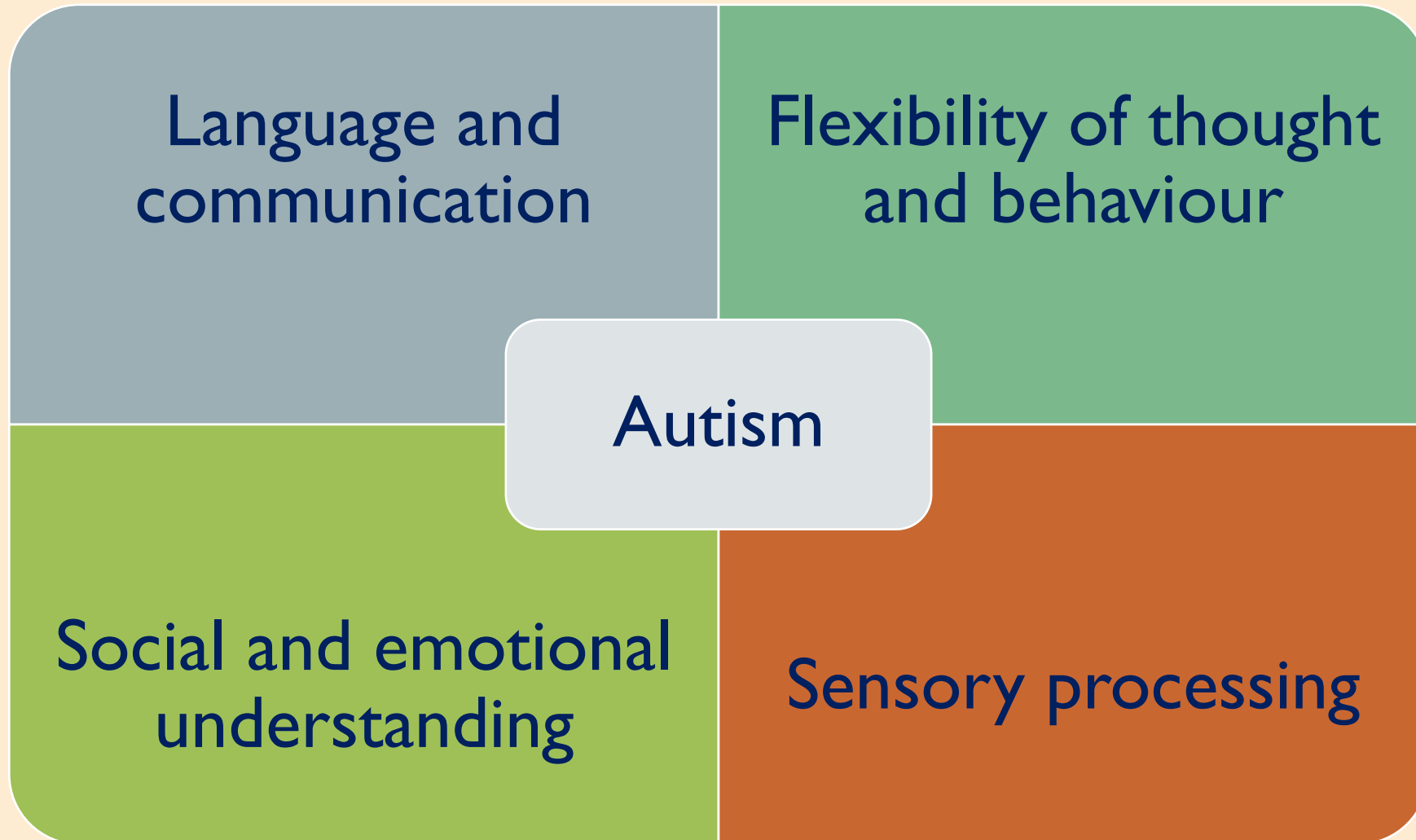
ⓘ Start presenting to display the poll results on this slide.

slido

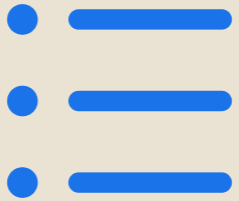


What are some of your child's strengths?

ⓘ Start presenting to display the poll results on this slide.



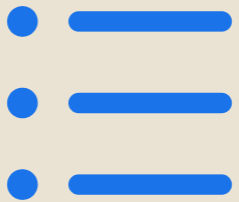
slido



True or false? Autistic people don't like socialising

ⓘ Start presenting to display the poll results on this slide.

slido



True or false? All autistic people have genius abilities

ⓘ Start presenting to display the poll results on this slide.

slido



True or false? Autistic people have empathy

ⓘ Start presenting to display the poll results on this slide.

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

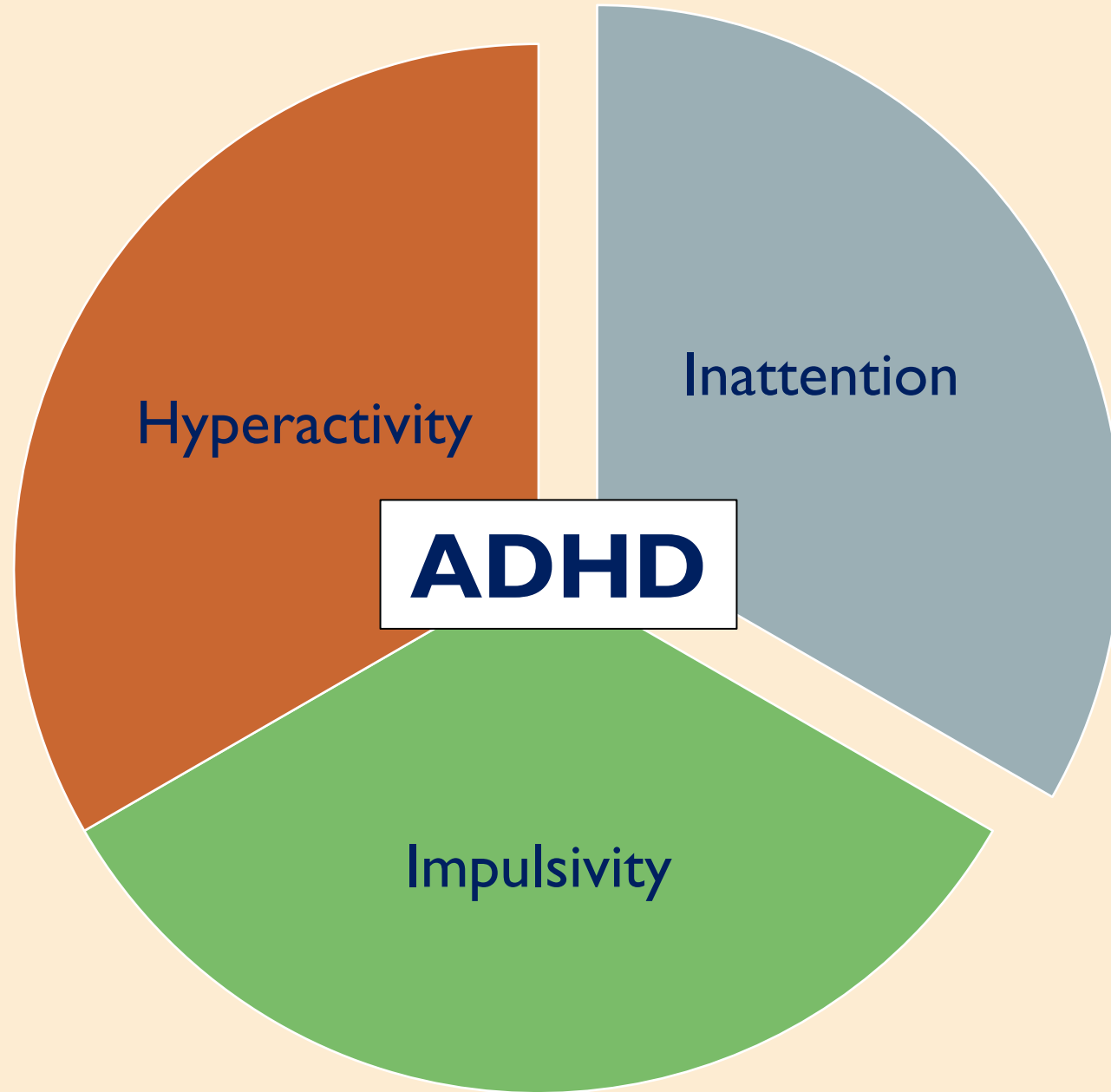
Loyalty

Morals

Attention to detail

Deep focus

In-depth knowledge



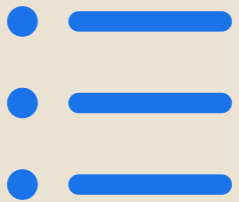
ADHD

Hyperactivity

Inattention

Impulsivity

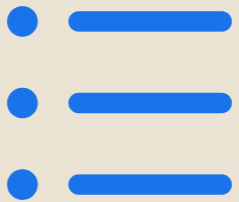
slido



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

ⓘ Start presenting to display the poll results on this slide.

slido



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

ⓘ Start presenting to display the poll results on this slide.

slido



True or false? ADHD only affects boys

ⓘ Start presenting to display the poll results on this slide.

ADHD
STRENGTHS

Creativity

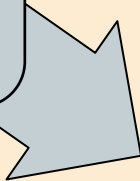
Courage

Spontaneous

Hyperfocus

Energetic

**Low
intellectual
functioning**

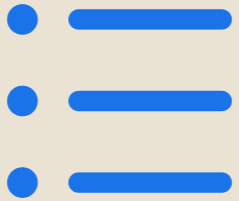


**Learning
Disability**



**Daily life
skills**

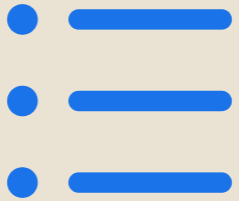
slido



True or false? Autism is a learning disability

ⓘ Start presenting to display the poll results on this slide.

slido



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

ⓘ Start presenting to display the poll results on this slide.

LEARNING
DISABILITY
STRENGTHS

Friendly

Loving

Honesty

Interests and hobbies

Resilience

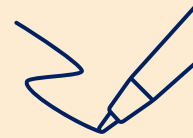
SPECIFIC LEARNING DISORDERS



[Dyslexia](#)



[Dyscalculia](#)



[Dysgraphia](#)



[Developmental
Coordination
Disorder](#)

Click on the links to find more information

DEVELOPMENTAL LANGUAGE DISORDER

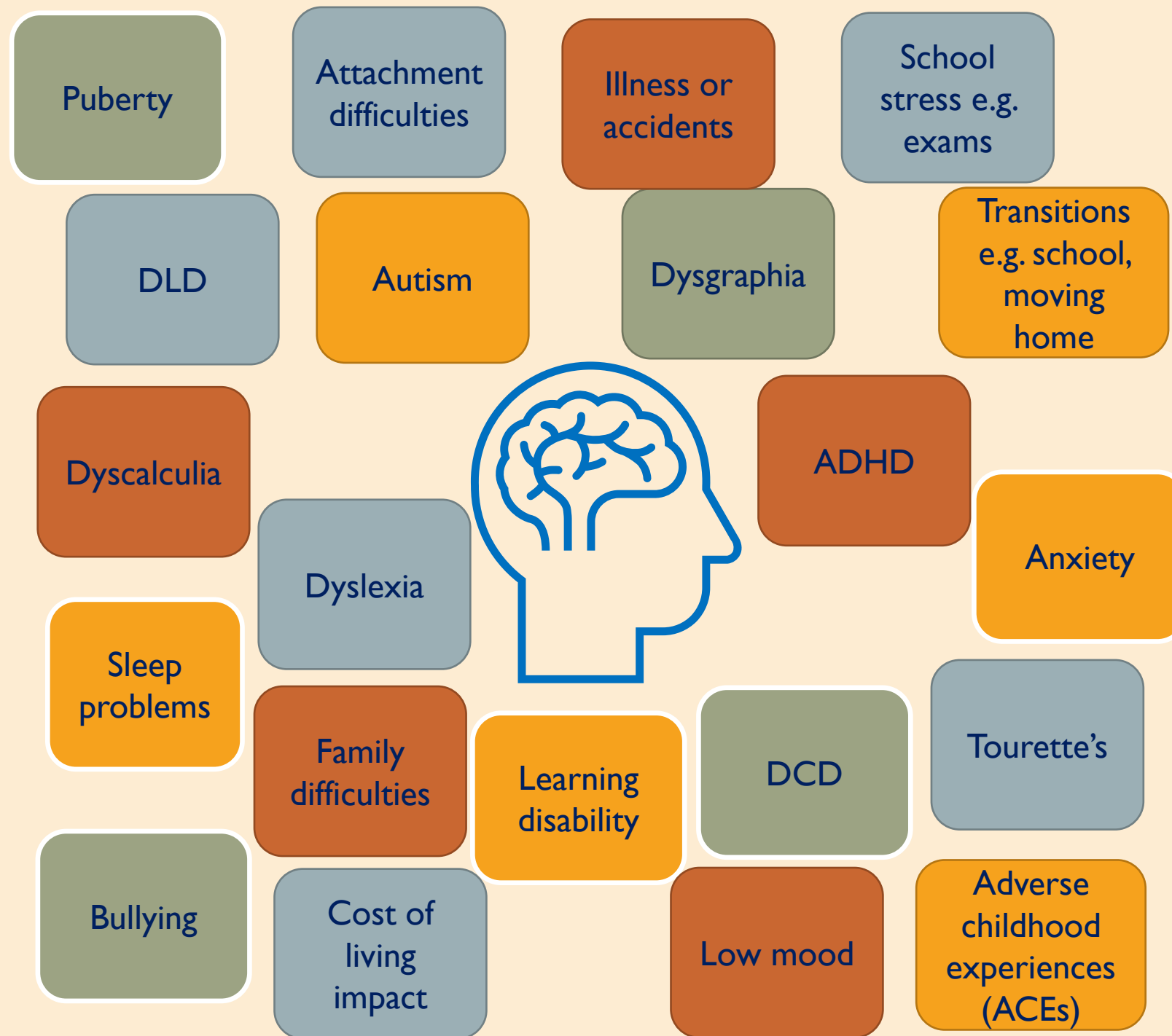
Persistent difficulties in the acquisition, understanding, production or use of language

DLD

Significant limitations in communication, with **functional impact** on daily life at home, school

CO-OCCURRING CHALLENGES

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



slido



What do you think is valuable about having a diagnosis for your child?

① Start presenting to display the poll results on this slide.

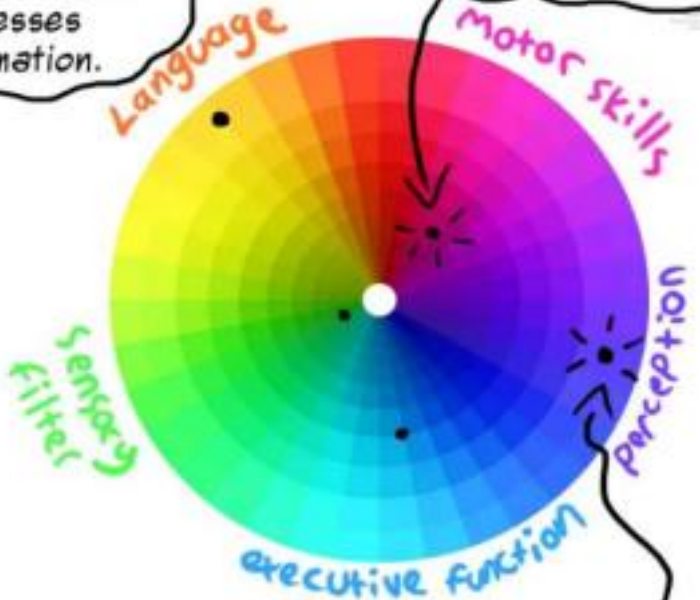
NEURODIVERGENT PROFILE

The truth is though, someone who is neurodivergent in some areas of their brain, will also be no different to your average person in other areas of their brain.



The spectrum consists of many different 'traits', or ways in which the brain processes information.

Some traits create difficulties in every day life. (hence being diagnosed)



But also many traits are useful in every day life.



**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](#)



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

- We will provide more information for you on this today

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

WHAT HAPPENS TO ADHD REFERRALS

ADHD team carefully review the information to see if a neurodevelopmental assessment is required for either ADHD, ASD or both.

If the ADHD team think your child may have ADHD, questionnaires need to be completed by people who know the child or young person well across multiple settings e.g., school, carers, parents

AFTER SCREENING

The ADHD team will advise you and the lead professional of the outcome of pre-assessment screening by letter.

If it is decided that the child/young person does not require assessment, they will make recommendations in response to needs that have been identified.

Young people who have moderate to severe symptoms will be added to the assessment waiting list.

Neurodevelopmental assessment is a complex process - may involve several steps depending on the needs of the young person.

Initially an appointment will be offered with a specialist nurse. This may result in the offer of a diagnostic appointment with consideration of treatment or discharge with recommendations regarding what future support is needed.

WHAT HAPPEN FOR AUTISM REFERRALS

The Integrated Paediatric Service Accept Referrals for children under the age of 11 for ASD assessment.

Young people over the age of 11 are referred to the Autism Youth Diagnostic Service Suffolk (ADYSS).

Referrals are reviewed in a similar way to ADHD service often with multi professional input.

Specific assessment tools are used in ASD assessments.

- BOSA Brief Observation of Symptoms of Autism
- Autism Diagnostic Observation Schedule (ADOS) assessment – designed to assess social communication, interaction and play of those suspected of having autism. It has different activities to suit different developmental and language needs.
- ADI – R Autism Diagnostic Interview-Revised

AUTISM DIAGNOSTIC YOUTH SERVICE FOR SUFFOLK (ADYSS)

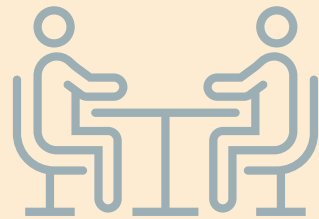
Autism assessment
service for 11-17 year
olds in Suffolk

Needs-led

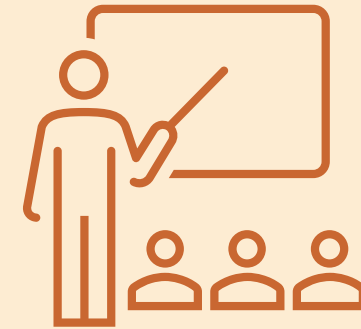
Develop an
understanding
together

Unable to update on
individual waiting
times but are working
to reduce them

POST AUTISM ASSESSMENT



If your young person is given diagnosis of ASD, you will be invited to a post diagnostic appointment (optional in ADYSS service)



It is important you share the diagnosis with your child's education provider so that they can receive the right support

RECOMMENDED BY

NHS
Norfolk and Suffolk
NHS Foundation Trust

PARENTS FOR PARENTS ON THE ADHD/ASD PATHWAY

THE CURLY HAIR PROJECT



Uses animated films, stories and comic strips to support young people on the ASD spectrum.

[The Girl With The Curly Hair - Autism Training, Animations, Books](#)

PARENT WORKSHOPS

Workshop programme designed by the Psychology in Schools Team to support parents

Sign up here -



ACTIVITIES UNLIMITED

Short breaks open to young people with SEND needs in Suffolk

<https://www.suffolklocaloffer.org.uk/sort-breaks-and-leisure-activities/activities-unlimited>



SENDIASS

A free support service which offers information and resources for supporting special educational needs and disability.

<https://suffolksendiass.co.uk/>

NEURODIVERGENT ABILITIES GROUP (IPSWICH)

<https://www.neurodivergentabilities.org/>

Bespoke support tailored to help young people thrive in a neurotypical world.

Offers 1-1 face to face support in Ipswich. Also offers remote sessions and independent living support.



SCHOOL SUPPORT

Find key staff members to understand and support your child. Roles who may be most helpful include SENCO, pastoral lead, teaching assistant, form tutor, head of year, mentor, thrive leader, school nurse, nurture group leader. They can consider reasonable adjustments.

ELSA:

Your school may offer ELSA intervention. A 6 session intervention supporting young people to develop their emotional literacy skills.
<https://www.elsa-support.co.uk/>



FAMILY ACTION (SUFFOLK)

<https://www.family-action.org.uk/>

Offer self help resources, local services and a free helpline called 'FamilyLine' which can be used to help through



BEANS

Offers support for families journey with neurodiversity. Support for parents/carers, young people (11-25), siblings. Support includes drop ins, groups and activities.

<https://accessct.org/beans/>

SUPPORT AND ADVICE WHILST YOU'RE WAITING

- NSFT resource pack: you will receive after this workshop
- **Suffolk Local Offer**

<https://www.suffolklocaloffer.org.uk/>

- **Suffolk Family Carers support:**

[Neurodevelopmental Differences Project | Suffolk Family Carers](#)

- **Parenting courses and more:**

[The Parent Hub - Suffolk County Council](#)

- **Parent/carer networks:**

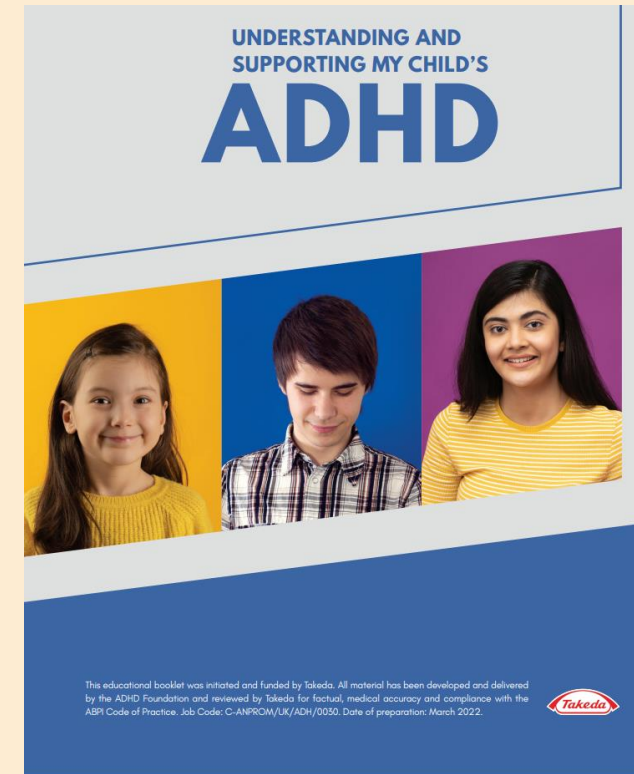
[PACT | Parents And Carers Together | Suffolk Suffolk Parent Carer Forum \(suffolkpcf.co.uk\)](#)

The Source Engagement Hub:

<https://thesource.me.uk/engagement-hub/>

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

- **Supporting social relationships (friendships, family relationships)** – Tuesday 22nd October 1pm
- **Supporting Your Child's Education** – Wednesday 20th November 1pm
- **Supporting Your Child With Anxiety** – Tuesday 17th December 1pm
- Other workshops dates TBC:

Sleep; Understanding and supporting sensory needs; planning ordering and remembering; low mood; eating difficulties; managing big feelings; supporting your neurodiverse teenager

OTHER FREE WORKSHOPS

Psychology in Schools Team

Upcoming live parent workshops on mental health:

- Supporting your child/adolescent with sleep
- Supporting your child with anxiety and big feelings
- Supporting your child/adolescent to regulate their emotions
- Supporting your child/adolescent with anxiety
- Supporting your child/adolescent with low mood
- Supporting children/adolescents with eating difficulties

Recorded previous workshops on NSFT YouTube:

- 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:

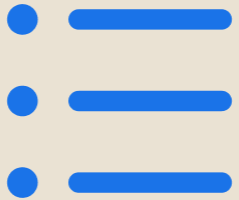
- What is a special educational need (SEN)?
- SEN support in schools
- EHC Needs Assessment
- Preparing for school transitions

Recorded previous workshops on YouTube

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

[Suffolk Sendiass - YouTube](#)

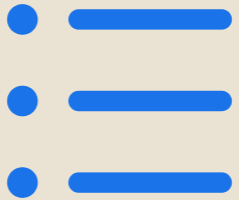
slido



Do you consider your child to be neurodivergent?

ⓘ Start presenting to display the poll results on this slide.

slido



Do you consider yourself to be neurodivergent?

ⓘ Start presenting to display the poll results on this slide.

slido



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

ⓘ Start presenting to display the poll results on this slide.

slido



I have found this workshop helpful

ⓘ Start presenting to display the poll results on this slide.

slido



What two key things will you take away from this workshop?

① Start presenting to display the poll results on this slide.

slido

Please download and install the Slido app on all computers you use



What improvements could we make to this workshop?

① Start presenting to display the poll results on this slide.

slido

Please download and install the Slido app on all computers you use



Q&As

i Start presenting to display the poll results on this slide.

Childhood Neurodiversity Parent Workshop 1: What You Need to Know as a Parent/Carer



slido



What do you love about the uniqueness of your child?

ⓘ Start presenting to display the poll results on this slide.