

Neurodiversity Guide for Parents/Carers



What is Neurodiversity?

Neurodiversity simply means that people's brains work in lots of different ways. Some people process information, emotions or the world around them differently and that's perfectly natural! These differences can also come with amazing strengths.

This guide shares practical ideas to help you support your child with kindness, understanding and confidence.

What Can Affect Neurodiverse Children at School?

Every child is unique, but some things that can be tricky for neurodiverse children in school can include:

- **Sensory experiences:** Bright lights, loud noises or busy places can feel overwhelming.
- **Social and emotional differences:** Making friends, joining in or coping with change may take extra time and support.
- **Learning differences:** A child might shine in some areas but find other tasks harder.
- **Need for routine:** Unexpected changes or busy days can feel stressful.

Remember: there's no single way neurodiversity looks, each child's experience is different.



How Might Neurodiversity Show in Children?

Every child is different, but some common signs include:

- Covering ears or avoiding noisy spaces.
- Flapping hands, rocking, or other self-soothing behaviours.
- Needing breaks or quiet spaces to calm down.
- Feeling anxious or shaky during busy or unpredictable moments.
- Preferring clear instructions and routine.

Neurodiverse children don't just face challenges, they also bring incredible strengths, talents and perspectives to school life. Recognising and celebrating these helps every child feel valued and included. Some common strengths might include:

- Creativity and imagination. Many neurodiverse children think outside the box, coming up with original ideas and solutions.
- Focus and deep knowledge. When interested in a topic, they can develop impressive expertise and attention to detail.
- Honesty and fairness. Neurodiverse children are often refreshingly direct and have a strong sense of justice.
- Problem-solving skills. Different ways of thinking can spark unique approaches that others may not see.
- Resilience. Adapting to environments not always designed for them often builds strength and perseverance.
- Empathy and passion. Many neurodiverse children often show deep care for people, animals or causes they connect with.

By recognising these strengths, schools and families can help children feel proud of who they are, boosting confidence and showing that differences are something to celebrate.



How Can We Help at School and at Home?

Support should be compassionate, consistent and tailored to each child's needs.

At Home:

- Keep routines calm and predictable.
- Listen and validate their feelings: "It's okay to need a break."
- Encourage communication about what helps them feel safe and happy.
- Celebrate their strengths and efforts.

At School:

- Quiet, calm spaces for breaks.
- Clear instructions and gentle reminders about routines.
- Kindness and understanding from staff and classmates.
- Flexibility – like sitting near a door or having sensory breaks.
- Support plans where trusted adults check in regularly.
- Teachers learning about neurodiversity to better support all children.
- You can ask your child's school about what supports are in place and share what works well at home.

How myHappyMind Already Supports Your Child

The myHappyMind programme is designed to support all children, including those who are neurodiverse, by helping them understand how their brain works and giving them practical tools to feel calm, confident and proud of who they are.

The key modules include:

- **Meet Your Brain:** Helps neurodiverse children understand how their brain works and why they might feel overwhelmed in certain situations. This knowledge can reduce anxiety by making emotions feel less “scary” and more manageable. It also gives them practical calming tools they can use when they feel stressed.
- **Celebrate:** Encourages children to recognise and celebrate their own unique strengths, rather than comparing themselves to others. For neurodiverse children who may often hear more about their challenges, this boosts self-esteem and helps them feel proud of what makes them different.
- **Appreciate:** Teaches simple gratitude practices that help neurodiverse children focus on small positives in their day, even when other things feel tricky. This can build resilience and shift attention away from worries or sensory overload toward things that feel safe and enjoyable.
- **Relate:** Supports children in understanding their own emotions and recognising those in others. It also provides strategies for making and maintaining friendships, encouraging empathy and kind connections with peers.
- **Engage:** Helps neurodiverse children set small, achievable goals and celebrate progress. It also teaches them how to keep a positive mindset about learning and life, building confidence to try new things at their own pace.

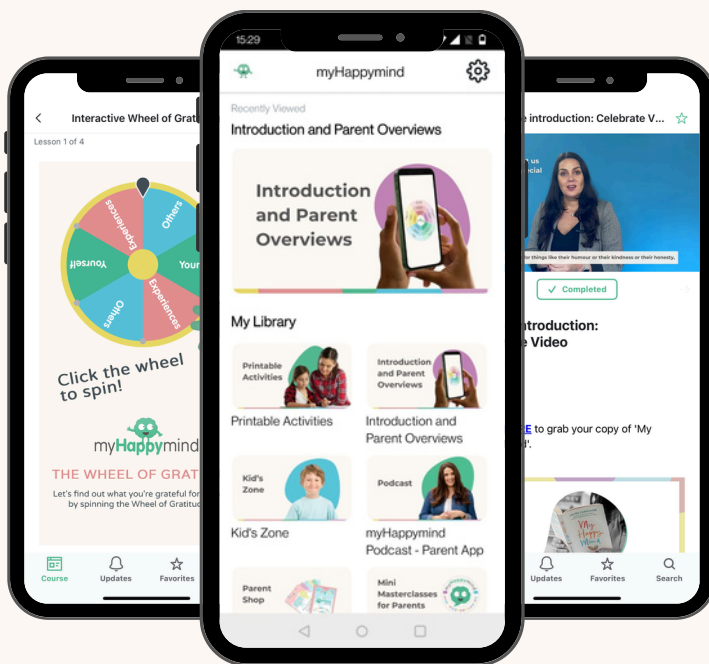
These modules are taught in fun, engaging ways and are designed to support different learning styles and needs.

How myHappymind Can Support You

As a parent or carer of a myHappymind school, you also get free access to the myHappymind Parent App, which includes:

- **myHappymind Places:** A tool to help your child check in with their feelings regularly.
- **A Neurodiversity Mini Masterclass:** A short video to help you understand neurodiversity and how best to support your child.
- **Happy Breathing files:** Guided breathing exercises that you can use together at home to help your child relax and regulate their emotions.

These resources are there to help you feel confident and connected as you support your child's wellbeing both at home and alongside their school.



If you haven't already, download the Parent App to access the resources by scanning the QR code below...



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP



**If you have any questions, contact us at
hello@myhappymind.org or 01625 447547.**

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