

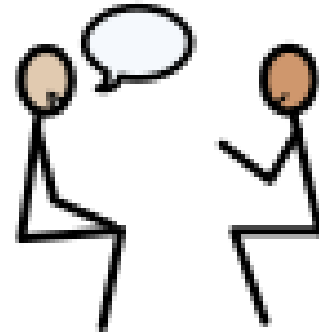
Supporting Neurodiversity at Home: an introduction for Parents/Carers



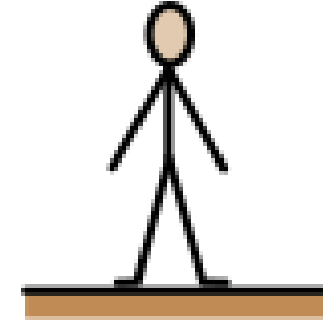
Our session



Slides will be shared



Interactive



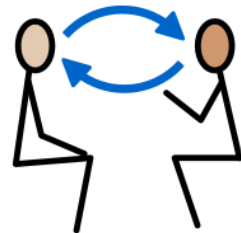
Be comfortable



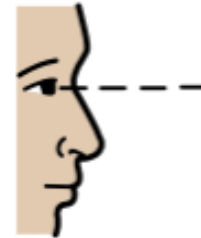
Thinking about
Neurodiversity



Action Needed



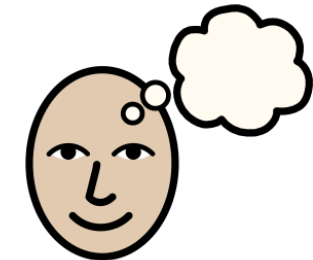
Discussion



Watching



Listening

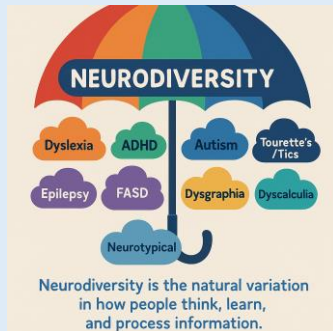


Thinking

Aims



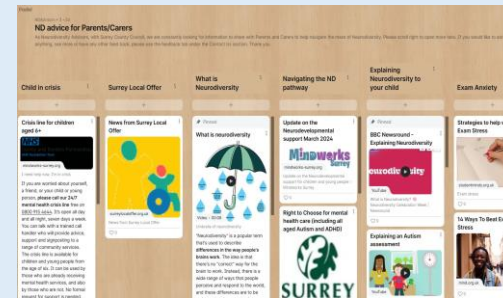
To reflect on the definitions of Neurodiversity and Neurodivergence



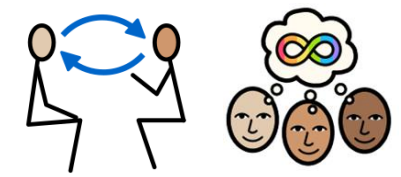
To discuss some support strategies that could be used at home



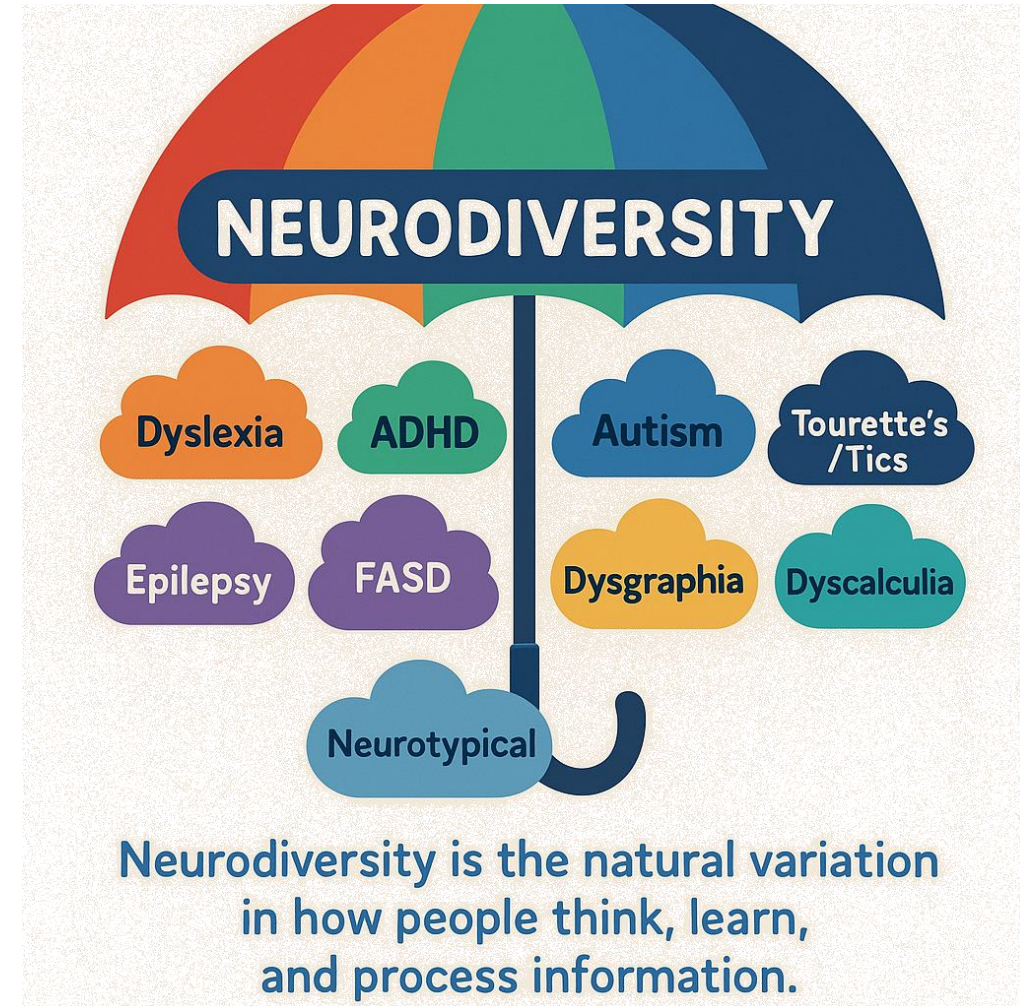
To become aware of the ND Padlet for Parent/Carers



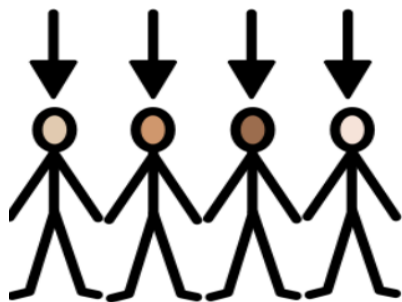
What is Neurodiversity?



- A natural variation in human brains and minds
- Includes differences in attention, communication, learning, processing
- Not about deficits - about diversity
- Coined by Judy Singer, 1990s

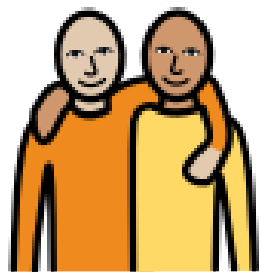


Video summary



Everyone learns differently

Everyone's differences create unique strengths and challenges



Focus on valuing strengths and supporting needs



Language



Neurodivergent

“differing in mental or neurological function from what is considered normal (frequently used with reference to autistic spectrum disorders); not neurotypical”

Neurotypical

“not displaying or characterised by autistic or other neurologically atypical patterns of thought or behaviour”

Neurodiversity

“the natural diversity in human brains”

You might notice that...



I'm often anxious



I'm often forgetful



I don't want to talk



I often feel poorly



I'm distressed after
school



I seem
overwhelmed



I like to be in
control



I avoid homework



I find it difficult to
express emotions



I need a safe space



I can be sensitive



I find it hard to
follow instructions



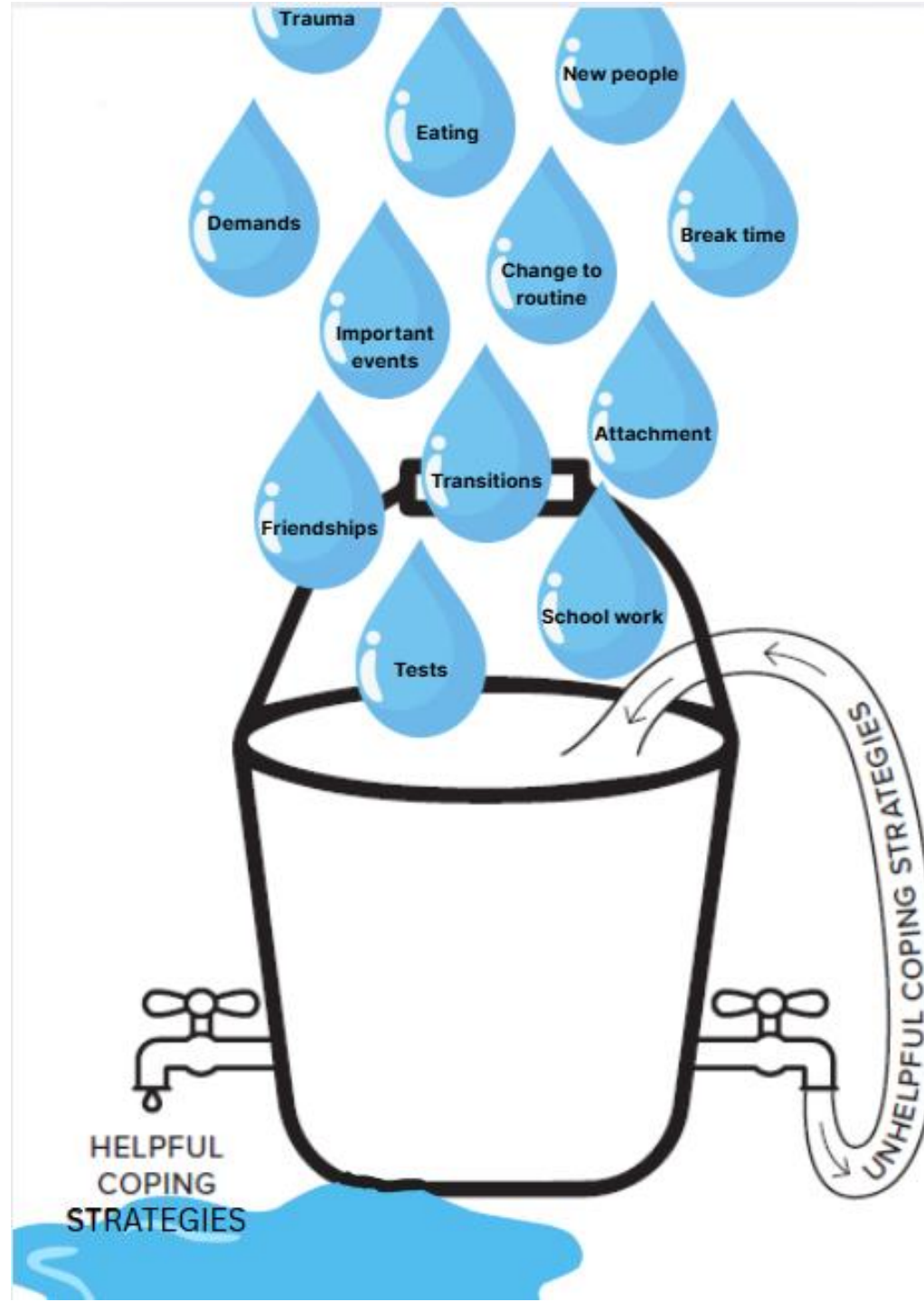
I like routines



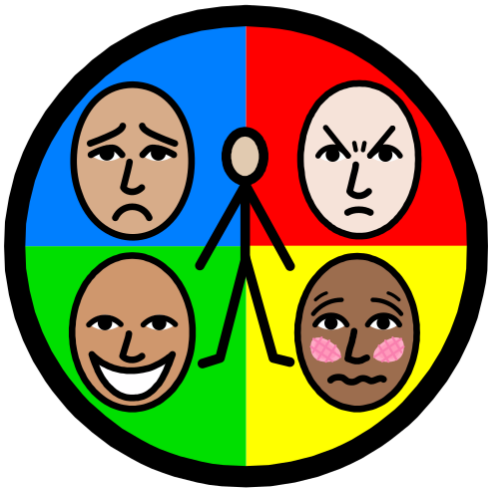
I need a lot of
reassurance

Anxiety bucket

What are the helpful and unhelpful coping methods?



Strategies for home



<p>Now</p>	<p>Next</p>	<p>Then</p>
<div style="border: 1px solid black; height: 255px;"></div>	<div style="border: 1px solid black; height: 255px;"></div>	<div style="border: 1px solid black; height: 255px;"></div>

<h1>1</h1>	<p>Task</p>
<h1>2</h1>	<p>Task</p>
<h1>3</h1>	<p>Task</p>

<p>Half term</p>	
<p>Monday</p>	<p>Swimming</p>
<p>Tuesday</p>	<p>At home</p>
<p>Wednesday</p>	<p>Sleep over with friend</p>
<p>Thursday</p>	<p>Grandma's house</p>
<p>Friday</p>	<p>Sports club</p>

1. Zones of Regulation



Designed by occupational therapist
Leah Kuypers

Blue Zone: Low states of alertness

Green Zone: Optimal state for learning

Yellow Zone: Heightened alertness
with some loss of control

Red Zone: Extremely heightened
states of alertness

Zones of Regulation			
Blue	Green	Yellow	Red
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 sad tired	 happy calm	 frustrated worried	 angry terrified
 sick bored	 feeling ok ready to learn	 silly excited	 yelling hitting
I can try... stretch	I can try... drink water	I can try... deep breaths	I can try... take a break

How to use Zones at home



- Regular check-ins
- Use a Zones visual
- Consider coping strategies
- Model using the zones

Zones of Regulation			
Blue	Green	Yellow	Red
			
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space



Tools for Each of My ZONES

When I feel...

I can try...

Tired or Sad



Calm or Happy



Frustrated or Silly

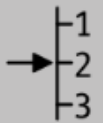










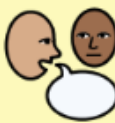








Mad or Out of Control



Adapted for *The Zones of Regulation™* from the original work of Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com.

..... Social, Emotional and Mental Health

	 Level	 How my body feels	 What I can do
5	 Out of control	 Violent	 Leave the room
4	 Angry	 Shaking	 Count my breaths
3	 Worried	 Sweating	 Tell my helper
2	 OK	 Relaxed	 Listen to my teacher
1	 Calm	 Still	 Do my work

How I am Feeling



Feels like...



I can try to...

5



Out of control

4



Getting angry

3



Uneasy

2



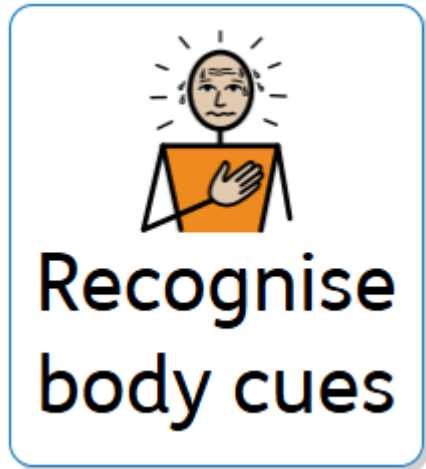
Fine

1



Calm

Modelling



My tummy feels fluttery...



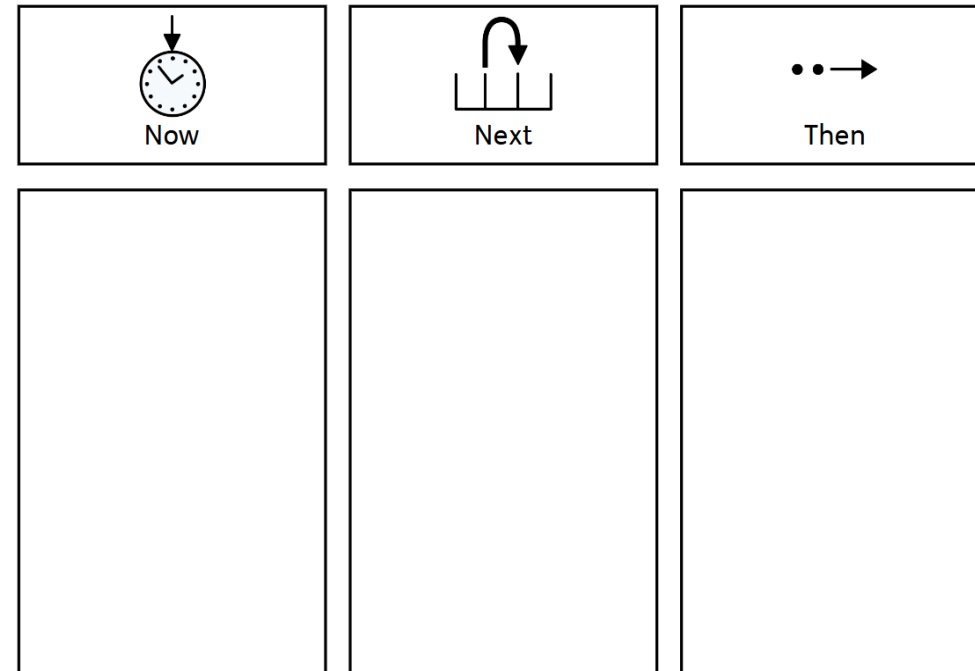
I'm feeling yellow....
I'm feeling worried...



I'm going to take
some deep breaths
and count to 10.

Now, Next, Then Strategy

- A visual tool designed to help children transition between activities.
- Reduces anxiety by providing a structured and predictable routine.
- Supports engagement

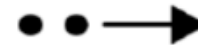




Now



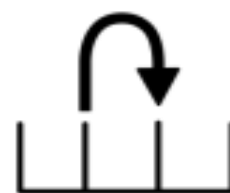
Next



Then



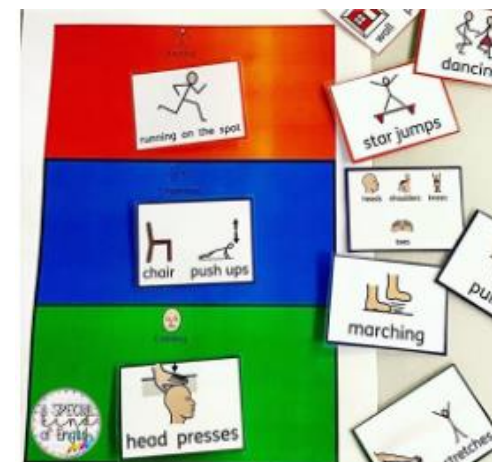
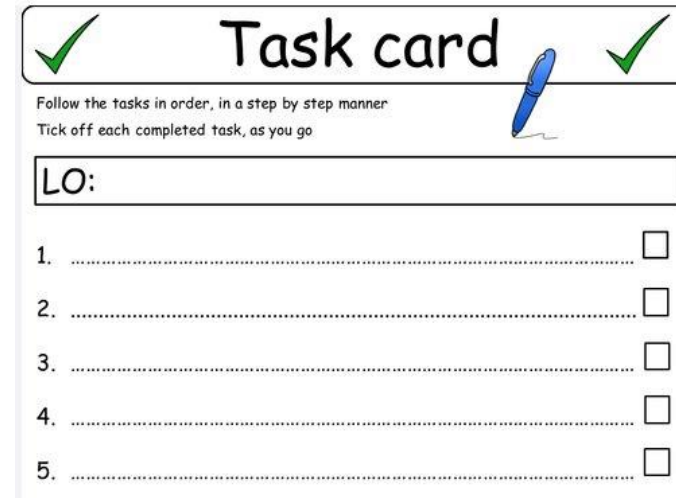
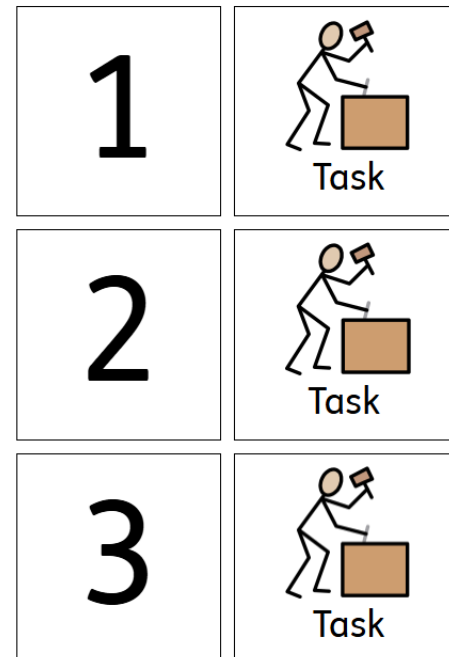
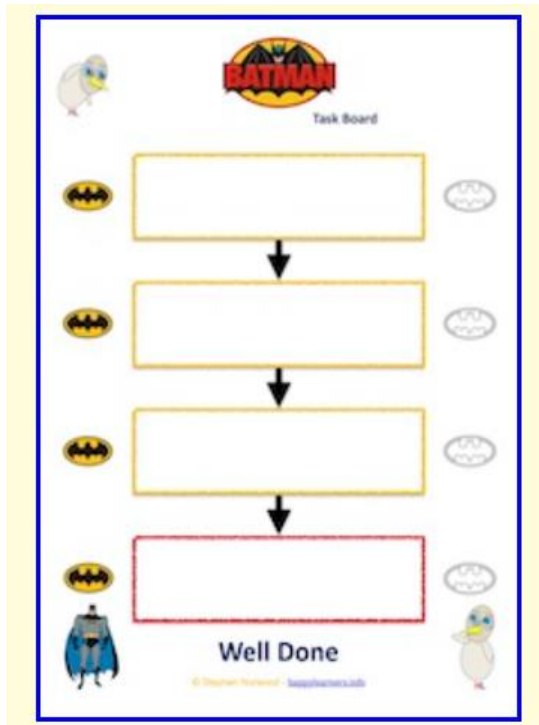
Now



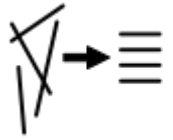
Next

Task boards

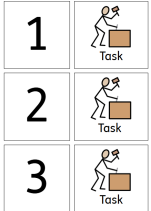
A visual tool designed to help children complete multi-step tasks



Why use Task boards or Now, Next, then?



- Visual Organisation



- Structure and Routine



- Breaking Down Tasks



- Motivation and Engagement



- Independence and Responsibility

1

2

3

4

5

6

Daily/Weekly Planners

- Gives predictability & structure - reduces anxiety
- Helps with organisation, planning, and transitions.
- Encourages independence and reduces overwhelm

Weekly Planner

Name: _____


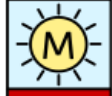

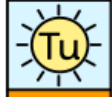



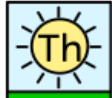

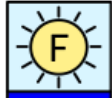

Week of: _____

Day	Morning	Afternoon	Evening	Notes/Reminders
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

★ Tip: Use stickers or colours to make it fun!

✍ Encourage your child to fill it in themselves!

★ Print and stick on the fridge for easy reference!

 Half term	
 Monday	 Swimming
 Tuesday	 At home
 Wednesday	 Sleep over with friend
 Thursday	 Grandma's house
 Friday	 Sports club

Weekly Planner

Name: _____

Week of: _____

Day	Morning	Afternoon	Evening	Notes/Reminders
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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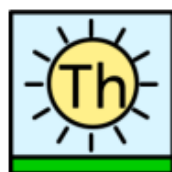
Monday



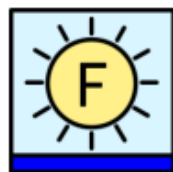
Tuesday



Wednesday



Thursday



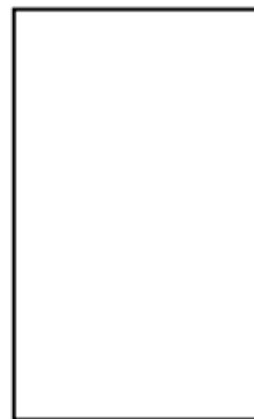
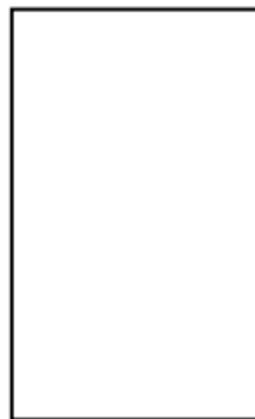
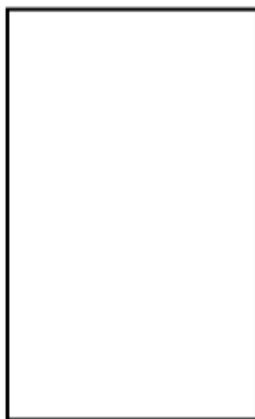
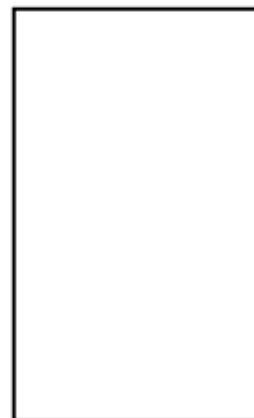
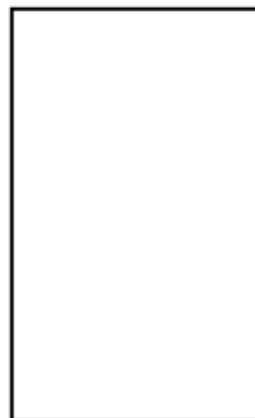
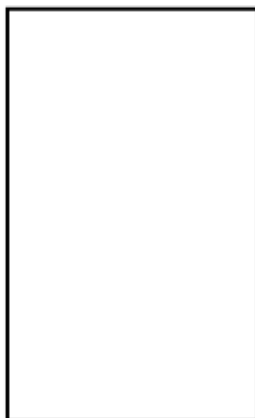
Friday



Saturday



Sunday



What is the ND Padlet for Parents/Carers?

ND advice for Parents/Carers

- Created in response to parents' need for accessible support and information
- Designed to support all children
- Aims to be a one-stop resource for families



The flyer features the Surrey County Council logo in the top left corner. The main title is 'NEURODIVERSITY ADVISOR PADLET' in large, bold, black capital letters, with 'FOR PARENTS/CARERS' in a smaller font below it. A QR code is positioned on the left side of the flyer. The text explains that navigating life with a neurodivergent child can be overwhelming and that the padlet provides key resources in an easy-to-use format. It includes an email address for contact: NDAvisors@surreycc.gov.uk. The background is orange with a large, stylized white 'S' shape.

**NEURODIVERSITY
ADVISOR PADLET**
FOR PARENTS/CARERS

We understand that navigating life with a Neurodivergent child can be overwhelming. We have brought together key resources and information in a easy to use format.

Please scan the QR code to access our Padlet for Families.

 NDAvisors@surreycc.gov.uk

How to use the ND Padlet

Padlet


NDAdvisors + 3 • 5d

ND advice for Parents/Carers

As Neurodiversity Advisors, with Surrey County Council, we are constantly looking for information to share with Parents and Carers to help navigate the maze of Neurodiversity. Please scroll right to open more tabs. If you would like to add anything, see more or have any other feed back, please use the feedback tab under the Contact Us section. Thank you

Child in crisis

Crisis line for children aged 6+



Surrey and Borders Partnership
NHS Foundation Trust


mindworks-surrey.org

I need help now, I'm in crisis

If you are worried about yourself, a friend, or your child or young person, **please call our 24/7 mental health crisis line free on 0800 915 4644**. It's open all day and all night, seven days a week. You can talk with a trained call handler who will provide advice, support and signposting to a range of community services. The crisis line is available for children and young people from the age of six. It can be used by those who are already receiving mental health services, and also by those who are not. No formal request for support is needed.

Surrey Local Offer

News from Surrey Local Offer




surreylocaloffer.org.uk

News from Surrey Local Offer

What is Neurodiversity

What is neurodiversity




Video • 00:08

Umbrella of neurodiversity

"Neurodiversity" is a popular term that's used to describe **differences in the way people's brains work**. The idea is that there's no "correct" way for the brain to work. Instead, there is a wide range of ways that people perceive and respond to the world, and these differences are to be embraced and encouraged.

Navigating the ND pathway

Update on the Neurodevelopmental support March 2024




mindworks-surrey.org

Update on the Neurodevelopmental support for children and young people :: Mindworks Surrey

Explaining Neurodiversity to your child

BBC Newsround - Explaining Neurodiversity




YouTube

What is Neurodiversity? | Neurodiversity Celebration Week | Newsround

Exam Anxiety


Strategies to help with Exam Stress



studentminds.org.uk


Exam stress

Right to Choose for mental health care (including all aged Autism and ADHD)




SURREY

Explaining an Autism assessment



YouTube

14 Ways To Beat Exam Stress



mind.org.uk

Explaining Neurodiversity to your child

Explaining Dyslexia



See dyslexia differently

BBC Newsround - Explaining Neurodiversity



What is Neurodiversity?
Neurodiversity Celebration Week | Newsround

What is ADHD?



what is ADHD?

Short animation explains ADHD through the eyes of amazing ADHD'er Molly aimed at school children to help them understand the condition beyond the misconceptions that most adults have these days. It is important to note that everyone's experience is different and medication does not work or may not be an option for everyone.

Amazing Things Happen (Autism)



Amazing Things Happen!

Introduction to autism that aims to raise awareness among young non-autistic audiences, to stimulate understanding and acceptance in future generations.

Explaining ASD to young people 12+



PDF

Explaining ASD to young people 12 V3 1

This pack is designed for young people aged 12 and over who have been referred for an Autism Spectrum Disorder (ASD) assessment.

Autism explanation for teens by teens



Young people explain autism | Ambitious about Autism

Explaining an Autism assessment



Helping children understand an Autism assessment

Explaining ADHD



Let's talk about ADHD

Training & Events for Parents/Carers

- Workshops, webinars, and support sessions
- Covers a variety of ND-related topics
- Helps parents/carers gain practical skills
- [Find an adult learning course - Surrey County Council](#)
- [Navigating the Maze - online workshop :: Mindworks Surrey](#)

FAMILY LEARNING



FAMILY
LEARNING

Free Courses for parents and carers

Surrey Family Learning offer **FREE** courses and workshops to help you create a better family life.

Do you want to help your child or teenager to improve their behaviour, development and learning?

Book onto one of our tailored courses today to begin supporting you and your family. Find more information at:

 surreycc.gov.uk/familylearning



...or scan here



**New Sensory
Courses/Workshop**
Enhance Your Skills to
Support Your Child's
Sensory Needs

Join our courses/workshops to learn strategies for behavior and learning support, tailored for children with ASD, ADHD, and other needs. Improve your family's wellbeing and learning with our expert guidance.



**New Maths
Courses/Workshop**
Boost Your Math Skills
to Support Your Child

Develop your understanding of math, its language, and school terminology to help with your child's schoolwork. Enhance your family's knowledge with our expert guidance.



SURREY
ADULT
LEARNING



0623P

ND Friendly Activities in Surrey

- Local venues and events designed for ND children
- Safe and supportive environments
- Encourages social interaction and engagement



Elmbridge Community Link



eclwalton.org.uk

ECL | Charity supporting people with learning disabilities

Elmbridge Community Link: A service to enrich the lives of young people with autism/learning disabilities. They cover Walton-on-Thames, Webridge, Esher and West Molesey and provide weekly activities such as, Arts and crafts, Allsports, Befriending Coffee Morning, Board games, Sunday Music Workshops and ad hoc days out



Woking Wolves Football Club

Adult Dates Policies Location Social Officials



GUIDED WELLBEING

ACTIVITIES FOR ADULTS ACTIVITIES FOR CHILDREN ABOUT CONTACT

Inspiring Children & Young People

Swap Screen time for Green time


Spending time in nature is a total game-changer for children! It lifts their mood, builds resilience and strengthens both mental and physical well-being. At the Unplugged Club, we aim to inspire children to leave their phones behind and embrace the outdoors, unleash their creativity and learn to thrive in the natural environment.

Unplugged Clubs

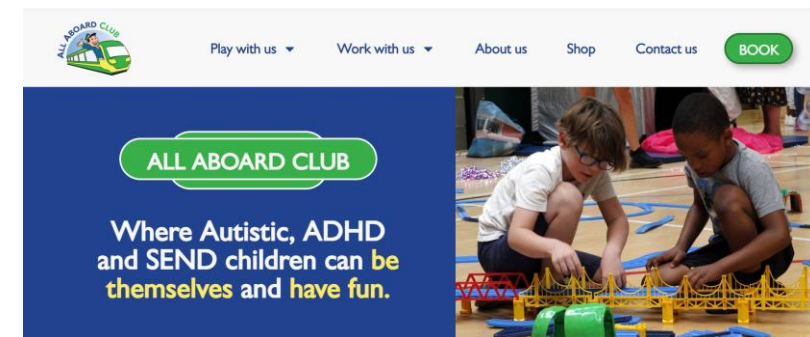
Book Your Child's Next Adventure



Club4 holiday activity camps Schools & Education Health Your community Welfare & Safeguarding About Contact Us




CLUB4 (HAF) HOLIDAY CAMPS IN SURREY



ALL ABOARD CLUB

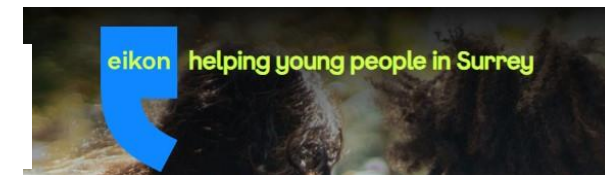
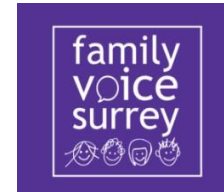
Play with us Work with us About us Shop Contact us **BOOK**

Where Autistic, ADHD and SEND children can be themselves and have fun.



Surrey and Nationwide Charities

- Support groups and charities within Surrey & Nationwide
- Access to advice, funding and services
- Educational and advocacy support
- Community-based assistance



Feedback

Please let us know what you thought of today



This session was
useful/not useful to
me because....

[Name/s] was...
because...

How was your experience today?

