

PDA, Autism & ADHD – What's the Difference?



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Parenting
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Let's take a look....



Area	Autism	ADHD	PDA
Main challenges	Predictability, communication, sensory processing	Attention regulation, impulsivity, executive functioning	Anxiety-driven need for autonomy and demand avoidance
Sensory differences	Common	Common	Common
Social communication	May differ from peers	Can vary	Often socially strategic but still overwhelmed
Everyday demands	May be difficult	May be forgotten or interrupted	Often trigger anxiety and avoidance
Emotional regulation	Can be challenging	Can be challenging	Often significantly affected when autonomy feels threatened



Key Takeaways



Many children experience more than one neurodevelopmental difference.



Neurodivergence is rarely one-size-fits-all



Understanding your individual child is more important than fitting them neatly into a label.

Remember...

You know your child best.

Trust your instincts.

You are doing an incredible job.



With Love and Support,

Becky

Parenting Pandas UK

