

Understanding Neurodiversity

A gentle introduction for parents
beginning their journey



SUPPORT • NAVIGATE • THRIVE



Parenting
PANDAS

What Does Neurodiversity Mean?



Neurodiversity simply means that human brains develop and work in different ways.

There is no single "right" way for a brain to function.

Some people process information, emotions, communication and the world around them differently.

These differences are natural variations of the human brain.



Being neurodivergent isn't something that needs fixing

—

it means your child may experience the world differently and may need different types of support.

Neurodiversity Includes...



Every child is unique

but

neurodivergent children may have differences in
areas such as:



- Communication
- Social interaction
- Emotional regulation
- Executive functioning
- Sensory processing
- Attention
- Learning
- Movement
- Anxiety

Common Neurodivergent Conditions



Autism

Children may:



Experience sensory differences



Prefer predictability



Find social situations

exhausting



Have focused interests



Communicate differently

PDA (Pathological Demand Avoidance / Persistent Drive for Autonomy)



Children may:



Experience an intense need for autonomy



Resist everyday demands



Use social strategies to avoid demands



Become overwhelmed by expectations



Experience significant anxiety



Note:

PDA is widely recognised by many clinicians and professionals.

However, diagnostics may vary.

ADHD



Children may:



Find it difficult to regulate attention



Be highly energetic—or quietly inattentive



Act impulsively



Struggle with organisation



Find emotional regulation challenging

Many neurodivergent children don't fit neatly into one category



They may have traits of:



Autism



ADHD



PDA



Dyspraxia



Dyslexia



Developmental Language Disorder



Tourette syndrome

Every Child Is Unique

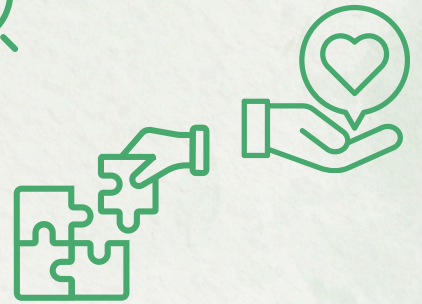
Strengths Matter Too.

Neurodivergence also brings strengths.



These might include:

- Creativity
- Curiosity
- Honesty
- Deep empathy
- Incredible memory
- Passionate interests
- Problem-solving
- Unique perspectives
- Determination



Support isn't about changing who a child is.
It's about helping them thrive as themselves



Key Takeaways



Every brain develops differently.



Neurodiversity is difference—not deficit.



Understanding your child's profile helps you support them.



Every neurodivergent child is unique.

Remember...

You know your child best.

Trust your instincts.

You are doing an incredible job.



With Love and Support,

Becky

Parenting Pandas UK

