



HELPFUL TOOLS FOR NEURODIVERGENCE

Understanding. Strengths. Skills. Support.

So you've been diagnosed... now what?

Or maybe you're wondering if you (or your child) might be neurodivergent – without pursuing formal assessment yet.

I offer **neuro-affirming counselling** and **practical tools** to help you navigate school, home, work, relationships, **and emotional wellbeing**.

And if specialist assessment or allied support would be helpful, I can support you with **referrals** and recommendations.

Formal diagnosis is provided by appropriately qualified clinicians (e.g. *psychologist, psychiatrists, paediatricians*).

COUNSELLING & FORMAL DIAGNOSIS

COUNSELLOR

- Provide support, strategies, and counselling
- Focus on emotional wellbeing and advocacy
- Can provide referrals for diagnosis and specialist support.

CLINICIAN

- Can diagnose conditions like ADHD and autism
- Includes psychologists, psychiatrists, paediatricians, and some other medical specialists

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If you're navigating neurodiversity, I'm here to help.

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Are you wondering **if your child needs a diagnosis?**

We can discuss the pros and cons – either way, understanding your child is vital.



✓ Pros of Diagnosis

- Understanding challenges
- Access to resources and support

✗ Cons of Diagnosis

- Private assessments can be costly
- Some children (especially Level 1 / high-functioning) may not meet NDIS eligibility despite a diagnosis

✓ Labels can feel limiting and carry stigma

Counsellors don't diagnose – but some of us are trained to recognise patterns, screen concerns, and guide families through the assessment process.

**Let's book an appointment
to plan the best next step together.**

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Does your child forget to eat
until their **tummy hurts...**
or **miss the signs they
need the bathroom?**



You're not imagining it.

This is how some neurodivergent nervous systems work.

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Does your child **miss jokes, sarcasm, or social hints** – – and get misunderstood?



- Intense emotional reactions
- Difficulty calming down once upset
- Big feelings from small triggers
- Needs extra emotional support

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Does a small change in **routine** lead to **big distress?**

Many neurodivergent children need:

- Predictability to feel safe
- Clear structure and visual supports
- Extra time to transition
- Support with flexibility



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Does your child **know** **what to do...** but still can't seem to start?



- Starting tasks
- Organisation and planning
- Time management
- Following multi-step instructions

This is not laziness – it's a brain-based difficulty.



Is your child **either**
constantly on the go...
or constantly in their own world?



- Hyperactive / impulsive presentation
- Predominantly inattentive presentation

Same diagnosis. Very different support needs.



Does being asked to do things trigger **panic, shutdown, or explosive reactions?**

- Pathological Demand Avoidance (PDA profile)
- Extreme anxiety around everyday demands
- Strong need for control, Predominantly inattentive presentation
- Avoidance driven by fear, not defiance
- Big reactions to simple requests



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Do **small** problems sometimes lead to **very big** emotions?



- Sensory overwhelm
- Unexpected change
- Emotional build-up
- Too many demands



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Does your child **become completely absorbed** in one topic, game, or interest?



★ **Hyperfixations can be:**

- A source of joy and regulation
- A strong need for control and autonomy

Struggles with transitions
(especially when switching tasks).

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Helpful Tools for Parents & Carers of Neurodivergent Children

Parenting a neurodivergent child can be deeply rewarding — and deeply exhausting. These tools focus on nervous system safety, connection, and understanding, rather than *compliance* or “fixing” behaviour.



Gentle reminder:

You don't need to do this perfectly.
Small, informed adjustments can make
a meaningful difference over time.



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Helpful Tools for Inattentive ADHD (ADD-Type)

Inattentive ADHD often shows up as internal overwhelm, mental fatigue, and difficulty starting or sustaining tasks — *even when motivation is present.* These tools focus on reducing cognitive load and supporting follow-through with *compassion.*

Helpful Tools to Try



Task Initiation Support

Breaking tasks into the first tiny step can reduce paralysis and avoidance.



Cognitive Offloading

Getting thoughts out of your head and onto paper or devices frees mental space.



Mental Energy Pacing

- Attention is a limited resource — rest and variation are part of productivity.

External Memory Aids

- Visual reminders, alarms, and lists support working memory without shame.

Gentle Accountability

- Supportive check-ins help sustain momentum without pressure or criticism.

Gentle reminder:

Struggling silently doesn't mean you aren't trying. Support works best when it fits how your brain operates.





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