



Understanding and Celebrating Neurodiversity



Amy Phipps & Layla Taylor Autism Families & Bristol Parent Carers

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House keeping

- Timings
- Breaks
- Safe space
- Ask questions!



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Introductions

- Amy Phipps
- Layla Taylor
- Introduce yourselves



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What we'll be looking at today....

- Neurodiversity as a normal part of human variation and something to be accepted and celebrated
- Lived experience of neurodivergence
- What support do you need to best support your children?

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Diversity

We're all different – our skin colour, religion, age, ability.

Neurodiversity is part of this – it simply means our brains all work in different ways. This is a normal part of human variation



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NEUROTYPICAL

The way someone's brain is wired, often analogous to a person's diagnosis or lack thereof. For example, "autistic" is a neurotype, and so is "neurotypical."

NEURODIVERSE

Describes a group of people who have different neurotypes. For example, you could use the word "neurodiverse" to refer to a group of people that includes autistic people, neurotypical people, ADHD people, etc.

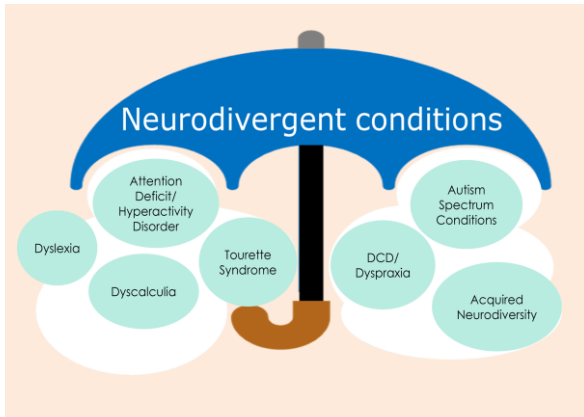
NEURODIVERGENT

A person whose neurology or brain wiring is substantially different from the norm. This word is usually used in reference to people with developmental and learning disabilities.

NEUROTYPICAL

A term that originated in the autistic community, which refers to a person with typical neurology; someone who does not have a developmental or learning disability.

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Group chat

What are the biggest challenges you face as parent(s) of a neurodivergent child?

What info do you wish you had been given in the early days/what helped you the most?

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Reframing ADHD traits


Inattentive → Curious

Impulsive → Creative

Hyperactive → Abundant energy

Everyone is different - two people will experience ADHD in different ways.

Ferrari brain with bicycle brakes!



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Lived experience

- Layla – “my personal experience of ADHD”
- Any questions?

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Autism

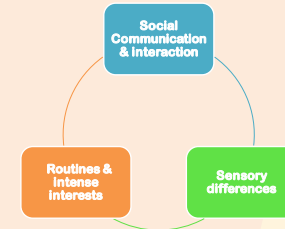
“A range of ways of experiencing yourself and the world, of processing information about yourself and the world, of relating to yourself and the world which is different to that experienced by other people .”



Donna Williams

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What is Autism?



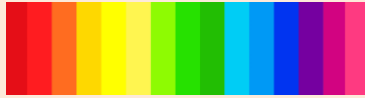
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Dyslexia

- A specific learning difficulty where a person has challenges with reading, writing and spelling.
- Can impact processing (auditory and visual) and organisational skills. Dyslexic people are often very creative and visual thinkers.
- Dyslexia occurs across a range of intellectual abilities. It is a continuum with no clear cut off points.



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Video:

“See Dyslexia differently” British Dyslexia Association

Layla: your experience

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Dyscalculia

- A specific learning difficulty related to understanding numbers - out of step with the person’s abilities in other areas and their educational level/age.
- Can also affect sense of time/ability to tell time, visual & spatial orientation (estimating distances) & sense of direction.
- Often people with dyscalculia are very creative and are excellent communicators.
- Amy – your experience

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Anxiety & Overload



High anxiety levels - can result in people:

- being less able to communicate or engage with people/activities
- displaying distressed behaviours (physical and verbal) – meltdown/shutdown
- feeling different & lack of understanding – affects self-esteem

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How we can help our kids

- Create an environment where they can use their skills to thrive (shouldn't be about "survival")
- Find tools that work for your child to help them manage: eg checklists, timers, relaxation techniques, visual tools
- Low arousal approach
- Kids will do well if they can (Ross Greene)
- Look for the reason behind the behaviour, not punishing the behaviour itself

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How we can help our kids



- Learn as much as you can about neurodivergence & have a positive attitude to neurodiversity
- Make it an ongoing and open discussion about differences, diversity, neurodiversity etc...they're not bad words!
- Consider your own neurotype...discuss that openly with your child
- Be on their side!

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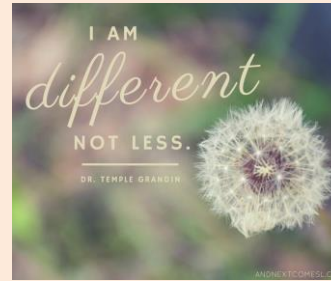
Group chat

What were the biggest challenges in liaising with professionals/getting the right support?

Do you currently understand the process of getting support?

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Remember...
there's no one right way to be a human!



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Thank you so much for coming!

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