



Neurodiversity for Parents & Guardians: Know the Signs

Neurodiversity means people think, learn and feel in different ways. These differences are a normal part of life. If your child seems to react or learn differently, you are not alone. About one in five children in the U.S. are neurodivergent (Understood). This includes children with ADHD, autism, dyslexia and other learning or thinking differences. Noticing signs early can help you get the support your child needs to grow and thrive.

Signs of Neurodivergence

Every child is different, but some common signs include:

- Trouble with social interaction
- Trouble with communication
- Sensory overload, such as loud sounds or bright lights
- Difficulty focusing or staying on task
- Strong interest in one topic or activity
- Repeating actions or routines
- Difficulty following directions

If you notice these signs often, your child may benefit from more support.

Seeking Support

Talk with your child's teacher about what you see at home. Schools can provide tools such as:

- Classroom supports
- Extra time on tasks
- Individualized Education Plans (IEPs)

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You can also talk with your pediatrician or school counselor about getting an evaluation. A diagnosis does not define your child. Instead, it helps you understand their needs and find support that fits them.

Use Helpful Resources

You do not have to handle this journey alone. Many workplaces offer **Employee Assistance Programs (EAPs)**. These programs can help you connect with:

- Child development specialists
- Counselors
- People who can guide you through school meetings

These resources exist to make things easier for you and your family.

Understanding your child's neurodiversity means seeing the world the way they do. When you support their needs and celebrate their strengths, you help them thrive.

#NeurodiversityChampions #WhatsStrongWithYou

If you or a loved one is curious about neurodiversity or may be neurodiverse, visit Neurodiversity Education Academy for more resources.

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