



neurodiversity:

A QUICK SUPPORT GUIDE

Understanding how to **recognise, respond to, and support** neurodivergent children in a way that is **inclusive** and **respectful** is key to fostering their growth and development.

■ NEURODIVERSE CHILDREN MAY SHOW DIFFERENCES IN:

- Social Interaction & Communication
- Sensory Processing
- Behaviour
- Functioning

When communicating with a neurodivergent person, always be **understanding, patient,** and **open in your communication** with them and parents / caregivers. when addressing parents:

■ ACKNOWLEDGE WITH EMPATHY

Recommendation:

"I noticed that your child has some challenges with [describe behaviour]. I want to work together with you to make sure they feel comfortable and supported in the program and/ or club.

■ USE SIMPLE AND COMPASSIONATE LANGUAGE

Recommendation:

"Your child has a wonderful ability to focus on [mention interest or strength]. I'd love to explore ways to help them share this with others and/or to keep them engaged."

■ OFFER SUPPORT AND COLLABORATION

Recommendation:

"Let's discuss some things that have worked well for your child in other environments. How can I best support them here? Do they need any adjustments that I can support with?"

■ RESPECT CONFIDENTIALITY

Recommendation:

"I assure you that any discussions we have are confidential and will be used only to support [name of child] in the program/ club."

Creating a safe and inclusive environment for neurodiverse people is about respecting an individual's unique characteristics and understanding lived experience through respectful communication. Strategies to support this include:

- **Provide reasonable adjustment**
- **Awareness**
- **Develop clear, consistent routines**
- **Sensory breaks & adaptations**
- **Use positive reinforcement**
- **Encourage self-advocacy & choice**
- **Foster empathy among peers**
- **Adapt communication**

The above are some simple steps to support you in your role within the club. Further information and resources can be found in the ***Identify & Support Neurodivergent People Guidelines***.

