

# NEURODIVERSITY ADVICE

Supporting your child, whether they have a neurodiversity diagnosis or not, can make a big difference in their confidence, learning and wellbeing. This guide provides practical tips and resources, including local Hampshire services and national organisations.

## PRACTICAL TIPS FOR PARENTS

- Focus on strengths: Celebrate what your child enjoys and does well
- Create predictable routines: Consistency helps reduce anxiety and impulsivity
- Use clear language: Short, simple instructions work best
- Support emotional regulation: Offer calm spaces and teach coping strategies like deep breathing
- Collaborate with school: Share observations with teachers and ask about SEN support, even without a diagnosis
- Avoid comparisons: Every child develops at their own pace



## WAITING FOR A DIAGNOSIS:

The waiting period can feel overwhelming but there are steps you can take now:

- Document behaviours: keep a diary of your child's strengths, challenges and triggers.
- Access early support: Ask your local school for SEN interventions and reasonable adjustments
- Join parent support groups: Connect with others through BRAAIN and Autism Hampshire for advice and reassurance
- Explore training: Many organisations offer free webinars on Autism, ADHD and sensory needs
- Look after yourself: Caring for a child with additional needs can be stressful - seek support for your own wellbeing

Important Update: The Right to Choose pathway for autism and ADHD assessments has been paused by Hampshire and Isle of Wight NHS Trust until April 2026. Families should speak to their GP about alternative referral options and local pathways during this period.

## LOCAL SUPPORT IN HAMPSHIRE

Autism Hampshire: Offers advice, training, community groups, and an Information & Guidance service (pre-, during, and post-diagnosis). Website:

<https://www.autismhampshire.org.uk> | Tel: 01489 880881

BRAAIN (ADHD, Autism & Special Needs Information Network): Provides information, peer support, and links to local services and clubs. Website:

<https://www.braain.co.uk>

School Nursing Team: Behaviour Support [www.familylinks.org.uk/parent-zone](http://www.familylinks.org.uk/parent-zone)

## NATIONAL ORGANISATIONS

National Autistic Society - <https://www.autism.org.uk>

Ambitious About Autism - <https://www.ambitiousaboutautism.org.uk>

ADHD UK - <https://www.adhduk.co.uk>

## OTHER HELPFUL RESOURCES

Together for Neurodiversity - <https://www.togetherforneurodiversity.org.uk>

The Brain Charity - <https://thebraincharity.org.uk>

Carers First - <https://www.carersfirst.org.uk/caring-for-someone-with/supporting-you-as-a-parent-carer-without-a-diagnosis/>

If you have any concerns, in the first instance, speak to your child's class teacher. Miss Holmes our SENCO can offer advice.

## HAMPSHIRE HEALTHY FAMILIES

Hampshire Healthy Families is a partnership between Southern Health NHS Foundation Trust and Barnardo's to deliver the healthy child programme across Hampshire.

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)

## CHATHEALTH

ChatHealth is a suite of text support services for parents, carers, families and young people in Hampshire. There are three ChatHealth services for:

- Parents and carers of children under 5
- Parents and carers of children and young people aged 5-19 years
- Young people aged 11-19

ChatHealth 0-5 - 07520 615720

ChatHealth 5-19 - 07507 332417



Brain



Autism Hampshire