

# Neurodiversity and Parents





# What is neurodiversity?

Neurodiversity is a fairly new term. It recognises the fact that our brains (neuro-) naturally vary from person to person (are diverse).

It moves away from medical words such as 'disorder', 'disability' and 'difficulty'. Instead of just looking at what someone struggles with, it encourages us to think about each person as an individual.

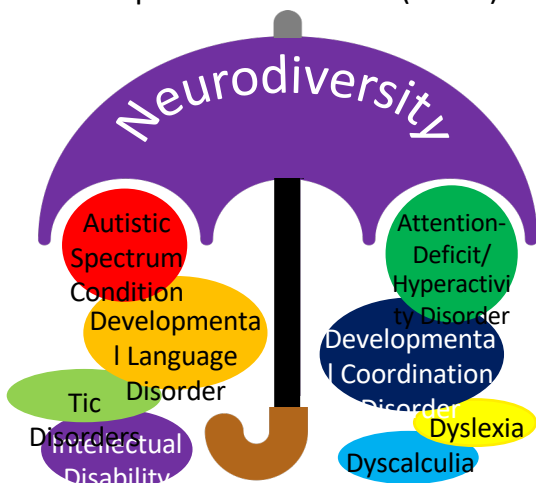
It represents the differences in the way we each process information, communicate, understand, move and engage in society.

## What are neurodivergent traits?

Neurodivergence is when we diverge from society's norm. Some people specific strengths in some areas and challenges in others. We call this a spiky profile. If these mean that the person differs from the 'average' way of doing things then this can become a challenge in engaging in education or employment.

Neurodiversity not defined by one conditions such as Autism or Autism Spectrum Condition (ASC).

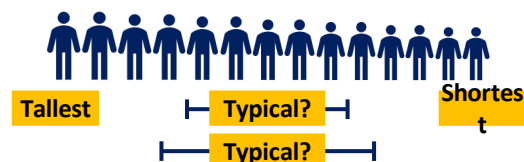
Although people on the Autism Spectrum are generally considered to be neurodivergent, lots of other conditions also have neurodivergent traits. These conditions are sometimes referred to as Neurodevelopmental Disorders (NDDs).



## What do we mean when we say that neurodivergence is dimensional not categorical?

Some features of humans are **categorical**: they fit into neat 'boxes' or categories. For example, your blood type can be categorised as A, B, AB or O. There are no other blood types, and you can't be half-way between Type A and Type O (or any of the others).

Other features of humans are **dimensional**: they do not fit into neat boxes. Instead, people sit somewhere on a scale or **spectrum** for that feature. For example, some people are shorter than others. There is a spectrum of height. However, whilst it's easy to pick out the tallest and the shortest people, it's hard to say exactly where the dividing line is between being short and being 'typical' height or between being 'typical' height and being tall.



Neurodiversity is somewhat like height. It is dimensional. Therefore, some people will have many traits that relate to a condition. Others will have fewer traits. Some will have different combinations of these traits and not fit within a given condition's parameters.

Whilst it's easier to classify people (if required or wanted) at each end of the neurodiversity spectrum, there is a grey area in between where there is no clear cut-off between 'neurodiverse with a few traits' and 'neurotypical but with some traits of neurodiversity'. This is often heavily debated in terms of what and who defines a condition.

# We all have a 'spiky' profile



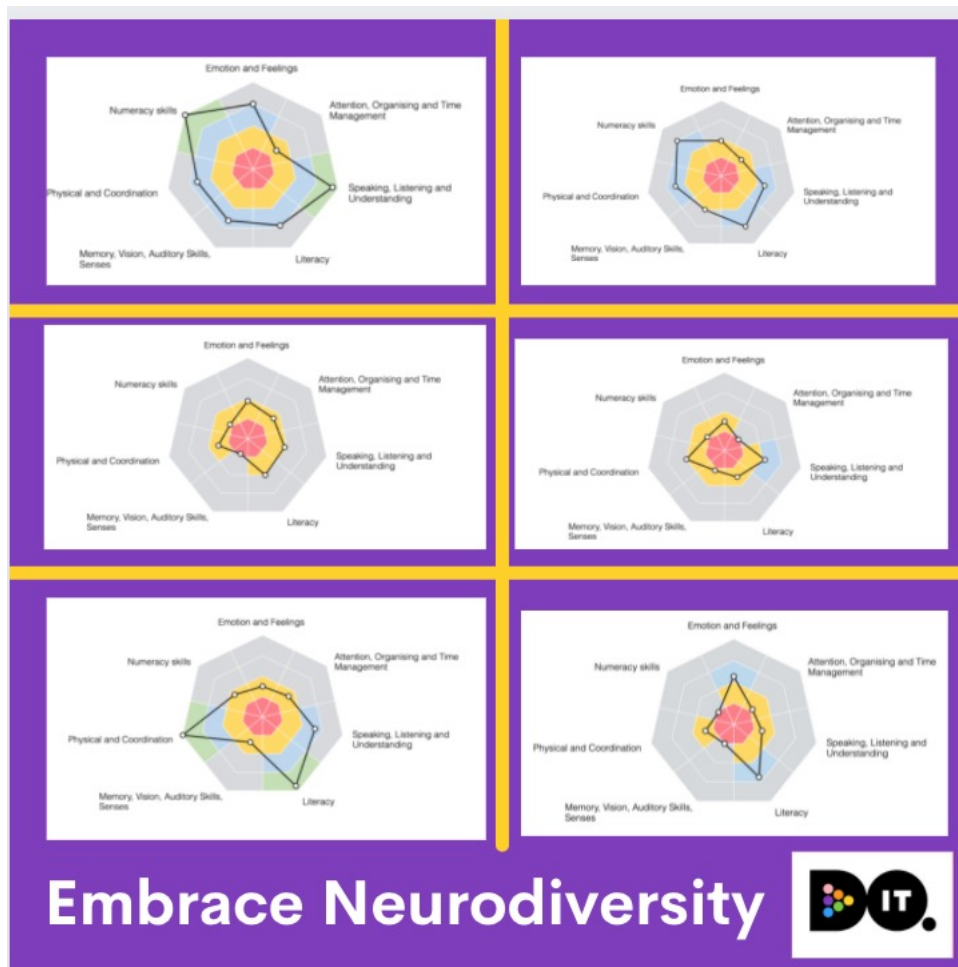
Here are 6 people's 'spiky' profiles.  
All have the same diagnosis of ADHD.

We need to remember that ADHD overlaps with e.g., DCD (Dyspraxia), Autism, DLD, Dyscalculia, and Dyslexia - importantly the pattern of overlap will be different in different people.

ADHD also overlaps with e.g., anxiety, depression, eating disorders, substance misuse but will be different in different people and may vary over time.

- They are also:
- People living in different countries.
- Doing different jobs.
- Different ages.
- Liking different hobbies.
- Having different families.
- Have different educational qualifications.

A diagnosis of ADHD, ASC, DCD, Dyslexia, DCD, Dyscalculia, DLD only represents one part of who you are.



# Embracing Neurodiversity



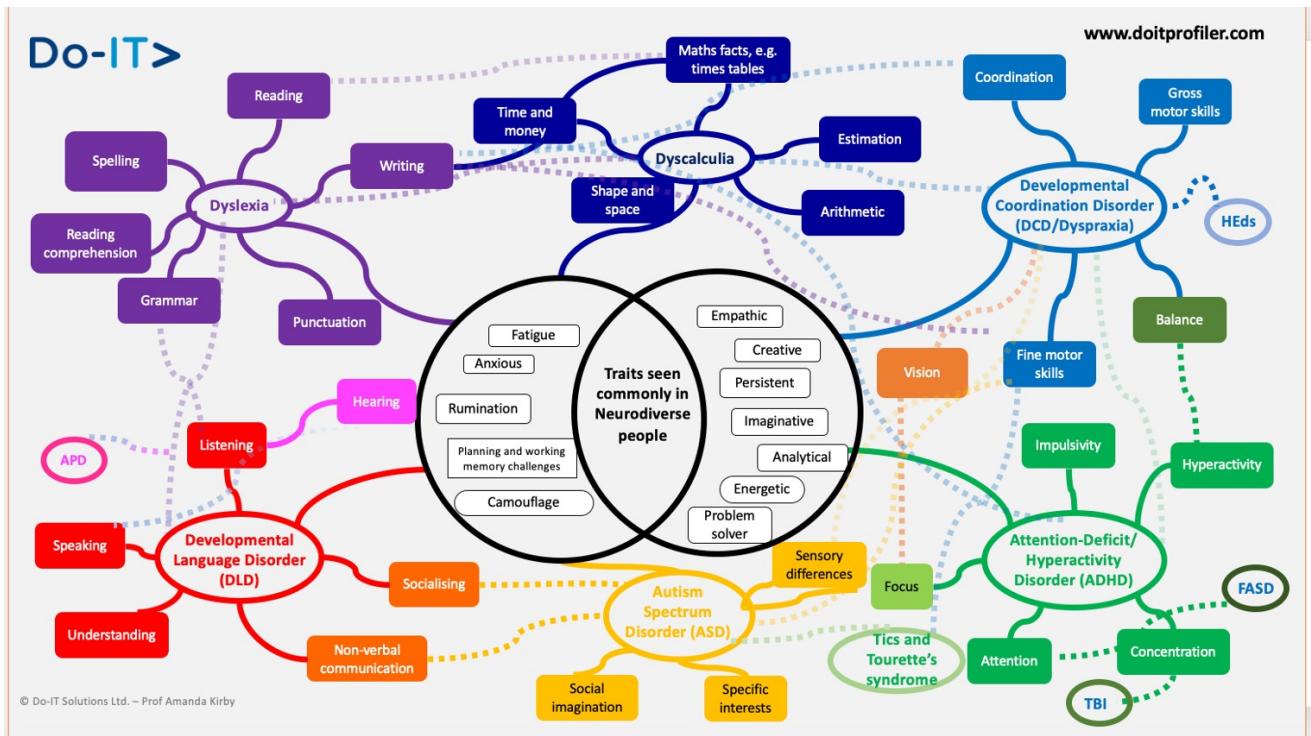
**Between 40-70% of children with ASC/Autism have ADHD**

More than 20% of people with Dyslexia have DCD/Dyspraxia

More than 33% of people with ADHD have DCD/Dyspraxia as well.

More than 80% of people with ASC/Autism have DCD/Dyspraxia

Around 75% of children with ASC/Autism have DLD



# Useful organisations



- [Autism Alliance](#)
- [ADHD Foundation](#)
- [ADHD Ireland](#)
- [Afasic](#)
- <https://www.dyslexiascotland.org.uk/>
- [British Dyslexia Association](#)
- [Dyslexia Action](#)
- [Dyspraxiafoundation](#)
- [Epilepsy Action](#)
- [Embracing complexity coalition](#)
- [Fetal Alcohol Spectrum Disorder](#)
- [I-CAN-](#) children's communication charity
- [National Autistic Society](#)
- [North East Autism Society](#)
- [Parents Voices in Wales](#)
- [RADLD-](#) raising awareness of Developmental Language Disorder
- [Scope](#) – Disability Charity
- [Tourette's Syndrome](#)

## Additional links and resources

- [Action for Children](#)
- [Anna Freud centre](#) – useful information relating to child mental health and wellbeing
- [Beat-](#) eating disorders charity
- [Can Child](#) has some useful videos and information
- [EPIC parent guidelines for ADHD and DCD](#) you can download
- [Place2Be-](#) mental health charity
- [Links to a number of mental health charities](#) with resources

<https://www.gov.uk/children-with-special-educational-needs/extra-SEN-help>

## Organisations to help with gaining educational support

- [Contact](#) can provide help and information also.
- [IPSEA](#) can provide more information and guidance
- [SNAP Cymru-](#) provides information in Wales for parents.

## Equality Act 2010

<http://www.legislation.gov.uk/ukpga/2010/15/contents>

# Contact us for further training, tools and consultancy



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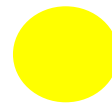
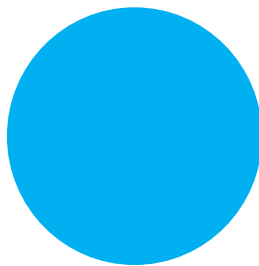
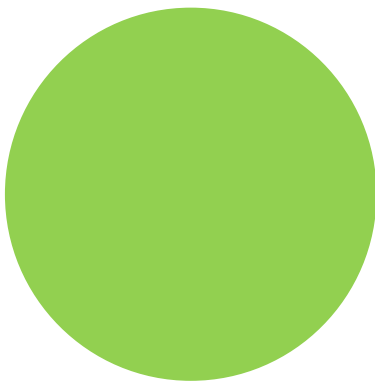
## Neurodiversity Children's Profiler

Personal profiling for parents

**£7.99**

Aimed at parents or guardians of a child or young person from the age of 7 years to 16 years of age. Providing you with a picture of the child's strengths and challenges overall, and (where appropriate) how these relate to neurodiverse conditions.

An instant personalised report with practical support and guidance is provided, ensuring you can start supporting your child to maximise their strengths and minimise their challenges right away.



Contact us:  
Email: [info@doitprofiler.com](mailto:info@doitprofiler.com)  
Call: 020 33 22 55 36

