



10 Things You Need to Know Workbook

1: Take a Pause

What it Means: When you first realize your child is neurodivergent, it's natural to feel overwhelmed. Taking a pause gives you space to process and move forward with intention.

Reflection Question: What emotions or thoughts come up when you consider slowing down before jumping into action?

(Optional) Action Step: Schedule 10–15 minutes today to sit quietly, journal, or take a walk to process your feelings about your child's journey.

2: Your Child is More Than Their Diagnosis

What it Means: A diagnosis provides useful information, but it does not define your child or predict their future.

Reflection Question: How do you feel about your child's diagnosis? Are there any fears or limiting beliefs attached to it?

(Optional) Action Step: Write down three strengths your child has that have nothing to do with their diagnosis.

3: You Are the Expert In Your Child

What it Means: Professionals can offer insight, but no one knows your child as deeply as you do. Trust your intuition.

Reflection Question: Think of a time when your instincts about your child were right. How did that experience shape your confidence as their parent?

(Optional) Action Step: Write a short mantra or affirmation reminding yourself that you are the expert in your child's life.

4: All Behavior is Communication

What it Means: Every meltdown, outburst, or withdrawal is your child's way of expressing an unmet need, lagging skill, or stress.

Reflection Question: What's a recurring challenging behavior in your child? What might it be communicating?

(Optional) Action Step: The next time this behavior happens, pause and ask yourself: "What is my child trying to tell me?"

5: Neurodivergent Children Aren't "Broken"

What it Means: Your child's brain works differently, but that doesn't mean something is wrong with them.

Reflection Question: Are there ways you've unintentionally viewed your child's differences as something to "fix"? How can you shift that perspective?

(Optional) Action Step: Write down one way your child's neurodivergence is actually a strength.

6: Find Experts You Trust & Who Respect Your Family

What it Means: Not all professionals are the right fit—seek out those who see and respect your child for who they are.

Reflection Question: Have you ever felt dismissed or unheard by an expert or professional? How did that impact your confidence in advocating for your child?

(Optional) Action Step: If you're working with professionals, assess whether they truly support your family's values. If not, brainstorm your next steps.

7: How to Navigate School

What it Means: Finding the right educational path can be challenging, and it may evolve over time.

Reflection Question: Is your child's current school environment meeting their needs? If not, what's one small step you can take to explore other options or advocate for change?

(Optional) Action Step: Write a short email or note summarizing what your child needs most in their school setting.

8: Your Mindset is Key

What it Means: Parenting from a place of curiosity and possibility, rather than fear, can change everything.

Reflection Question: When you think about your child's future, do you feel more fear or curiosity? How might shifting your mindset help?

(Optional) Action Step: Practice reframing: Take one worry you have today and turn it into a curiosity-driven question (e.g., "What if my child never makes friends?" → "I wonder what environments would help my child find connection?").

9: Self-Care is Not Optional

What it Means: Taking care of yourself is necessary, not indulgent. You can't pour from an empty cup.

Reflection Question: What's one barrier that keeps you from prioritizing self-care?

(Optional) Action Step: Choose one small act of self-care and commit to doing it today, even if it's just 5 minutes.

10: You Are Not Alone

What it Means: Raising a neurodivergent child can feel isolating, but community and support are out there.

Reflection Question: Who in your life makes you feel seen and supported? If you don't have that person, where might you find them?

(Optional) Action Step: Research one online or in-person support group and consider joining.