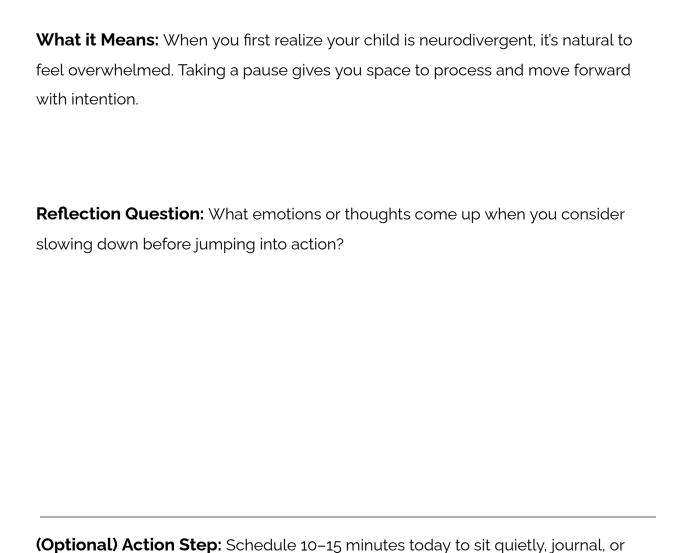


10 Things You Need to Know Workbook

1: Take a Pause



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"

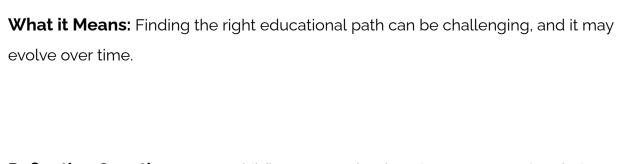
What it Means: Your child's brain works differently, but that doesn't mean
something is wrong with them.
Reflection Question: Are there ways you've unintentionally viewed your child's
differences as something to "fix"? How can you shift that perspective?
(Optional) Action Step: Write down one way your 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.

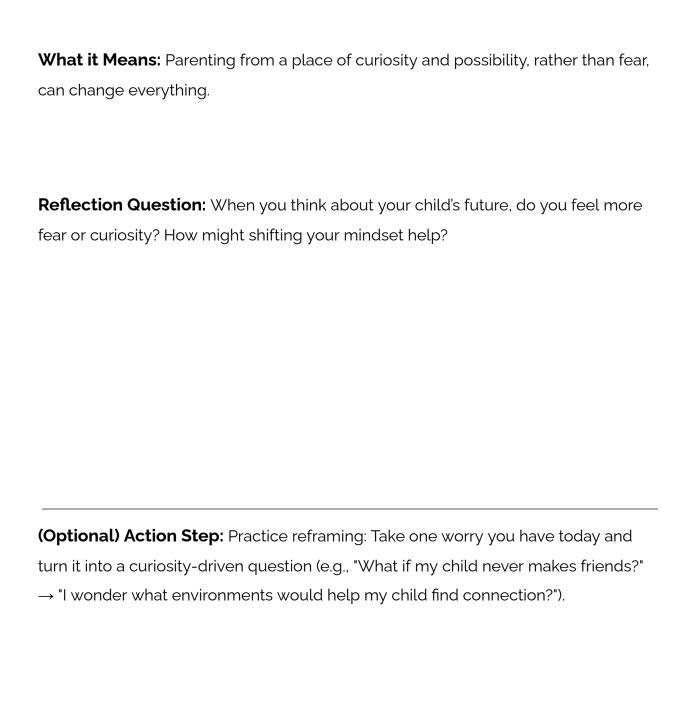
7: How to Navigate School



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



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.