



Differently Wired Club

SHIFTING PERSPECTIVES

The way we think about our child, our parenting, and our challenges directly impacts our experiences and how we show up for our kids. By consciously shifting our perspective—whether from fear to curiosity, from blame to self-compassion, or from limitation to possibility—we create more space for peace, connection, and growth.

Some key benefits of shifting our perspectives include:

- **Becoming stronger advocates** – Challenging outdated societal narratives around neurodivergence allows us to confidently push for what our children need.
- **Deepening our connection with our child** – Meeting them where they are instead of where we *wish* they were reduces power struggles and fosters trust.
- **Helping our kids feel seen and valued** – The way we think and talk about neurodivergence shapes how our children perceive themselves.
- **Reducing stress and guilt** – Reframing past parenting choices through self-compassion allows us to move forward instead of staying stuck in regret.
- **Expanding possibilities** – When we shift from "This is impossible" to "What else is possible?" we unlock new solutions and creative ways to support our kids.
- **Strengthening the neurodiversity movement** – The more we embrace a strengths-based, affirming perspective, the better positioned we are to drive social change.

Where Might You Need a Perspective Shift?

Many of us have default thought patterns that fuel stress and negativity. Some common categories include:

- **Catastrophizing/Awfulizing** – "This will always be hard"
- **Blaming Ourselves for the Past** – "I should have done something differently"
- **Fortune-Telling About the Future** – "My child will never be able to _____"



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How to Change Your Mind

Shifting perspectives is about changing the brain—literally rewiring our neural pathways through conscious effort. Here are some strategies:

- **Awareness:** "Name it to tame it" (Dr. Dan Siegel). Recognizing unhelpful thoughts gives us power over them.
- **Repetition:** "Neurons that fire together, wire together" (Hebbian Theory). Practicing a new way of thinking makes it feel more natural over time.
- **Do the work in emotionally charged moments:** The amygdala (emotions) and hippocampus (memory) encode experiences more deeply when emotions are involved, making real-time reflection powerful.
- **Dispute the thought:** Find evidence to disprove the unhelpful / untrue thought to counter our default mode.
- **Replace the thought with a more helpful one:** Note that the new thought must feel both better and true.
- **Visualize:** Acting *as if* we already embody a new mindset can help reinforce that shift (Richard Wiseman, *The As If Principle*).
- **Surround yourself with the right people:** Spending time in supportive communities helps reinforce positive perspectives.
- **Prioritize rest:** Sleep is essential for neuroplasticity and the ability to integrate new ways of thinking.

THIS MONTH

1. Identify one area where a perspective shift would be supportive for you and your child
2. Reflect on your *why* for this shift (building motivation and accountability)
3. Tap into strategies to actively work on shifting it this month



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Questions for Exploration:

Where in my parenting journey do I recognize a default script or belief that I could shift? How has it influenced my actions and emotions?

What's an example of a time when shifting my perspective led to a more positive or productive outcome? What can I learn from that experience?

When I feel stuck in a negative or unhelpful thought loop about my child, what small action or practice could help me pause, reflect, and reframe?

How does my perspective on things like school, behavior, and success impact the way I parent? Are there any assumptions I need to challenge?



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If I were to imagine my future self, years from now, looking back on this stage of my parenting journey, what perspective would I want to have gained? How can I work toward that now?

How do I typically react when my child struggles? What perspective shift would allow me to meet them with more curiosity and compassion instead of stress or urgency?

What's a parenting moment that consistently triggers frustration, sadness, or fear for me? How could I reframe the way I interpret that moment to reduce emotional stress and increase connection?

If I fully embraced the idea that my child is on their own unique path and that there is no single 'right way' to do things, how would that change the way I approach parenting today?