

# Understanding Neurodiversity

Helping you to understand more about neurodiversity and what it may look like, with an opportunity to look at resources, share ideas and discuss strategies that may support you and your child at home.

## Our Offer:

A 2 session interactive parent programme focussed on understanding and developing your knowledge of neurodiversity and how you can support your child or young person.

## Session 1:

- What neurodiversity is.
- Some of the benefits associated with neurodiversity.
- How neurodiversity may present.



## Session 2:

- Understanding neurodiversity from the child or young persons perspective.
- Supporting tools and strategies that may help.
- Where to go for additional guidance and support.

**All sessions will be 1 hour**

**We advise that parents/carers attend both sessions  
to gain the most out of the programme**



**Norfolk** County Council

