

Supporting Your Neurodiverse Child

Does your child or young person have any of the following issues that worry you?

**Sleep
disturbances**

**Distressed
behaviour**

**Sensory
issues**

Communication

**Social
anxiety**

Meltdowns

**Mental
health
issues**

**Struggles
in school**

**Fussy
eater**

**Problems
with their
peer group**

**Speech
delay**

Supporting Your Neurodiverse Child resource pack

Written by Essex Family Forum, MyOTAS and SEND the Right Message, this information pack is to help families navigate the support that is available and includes practical interventions, resources, hints and tips based on the lived experiences of local families.

Available both online and in hard copy, simply scan the QR codes opposite, or visit the Essex Family Forum website at www.essexfamilyforum.org to access the resource pack, to find out more about what we do and to share your experiences and feedback via our virtual graffiti wall.



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