

Neurodiversity in Young Children

What Is Neurodiversity??

Neurodiversity means that every brain works in its own unique way. Just as children have different personalities, talents, and interests, they also think, learn, and experience the world differently.

Neurodiversity includes children who are neurotypical (developing in ways considered typical) and those who are neurodivergent, whose brains develop or function in ways that differ from what is most common.

Neurodivergence can include (but is not limited to):

- Autism
- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Dyslexia, Dyscalculia, Dysgraphia
- Developmental Language Disorder (DLD)
- Sensory Processing Differences
- Tourette's Syndrome or other tic disorders

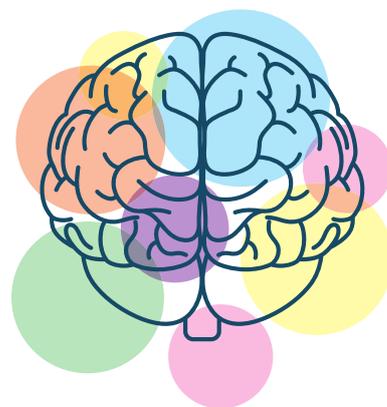
Every neurodivergent child is different, there is no one-size-fits-all description.

Strengths of Neurodiverse Thinking

Neurodivergent children often show:

- Creativity and imagination
- Strong focus or deep interests in particular topics
- Unique problem-solving approaches
- Honesty and direct communication
- High levels of empathy or sensitivity
- Innovative or "out-of-the-box" ideas

Encouraging these strengths helps build confidence and a positive sense of identity.



Signs Your Child May Experience the World Differently

Some young children might:

- Prefer routines and find changes difficult
- Be sensitive to sounds, lights, textures, or touch
- Have big emotions or find it hard to calm down
- Struggle with attention or sitting still
- Communicate or play differently from their peers
- Excel in some areas while finding others more challenging

Supporting Neurodiverse Children at Home

Here are some simple strategies that can help:

- Create predictable routines – Consistency helps children feel secure.
- Use clear and kind communication – Be direct and use visuals or demonstrations if needed.
- Celebrate differences – Focus on what your child enjoys and does well.
- Offer sensory breaks – Quiet time, movement, or fidget tools can help with self-regulation.
- Work together with teachers and professionals – Early support makes a big difference.
- Model acceptance – Talk positively about different ways people think and learn.

Every child learns and grows in their own way

