

Supporting Neurodiversity at School and at Home

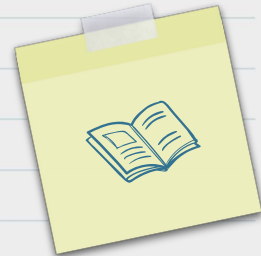
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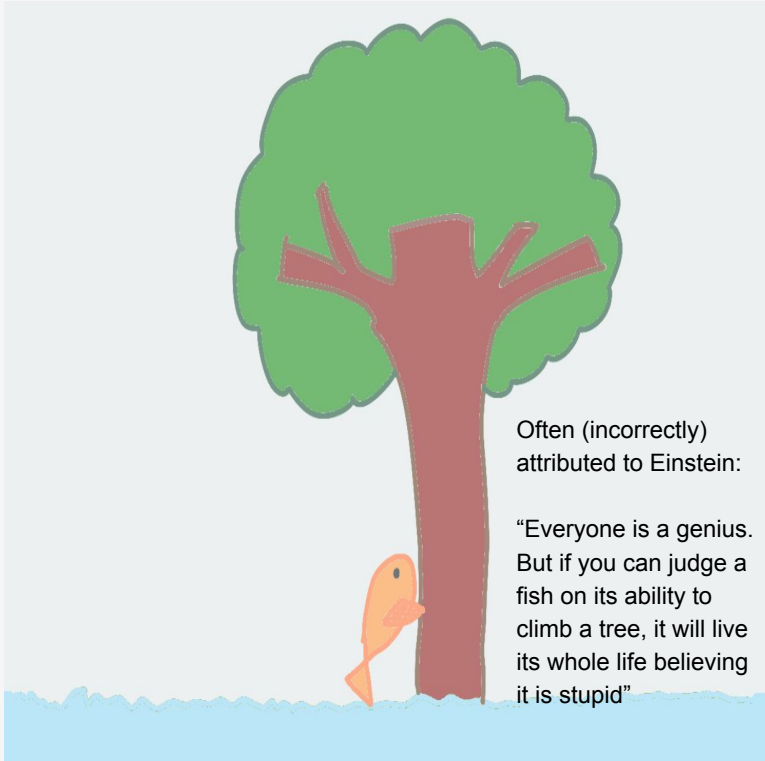
What is neurodiversity?

“Neurodiversity is the idea that neurological differences like autism and ADHD are the result of normal, natural variation in the human genome. This represents a new and fundamentally different way of looking at conditions that were traditionally pathologized... science suggests conditions like autism have a stable prevalence in human society as far back as we can measure.”

—John Elder Robison



What is 'normal' anyway?



Often (incorrectly)
attributed to Einstein:

"Everyone is a genius.
But if you can judge a
fish on its ability to
climb a tree, it will live
its whole life believing
it is stupid"

(Something Einstein
actually said)
"The development of
general ability for
independent thinking
and judgement should
be placed foremost."

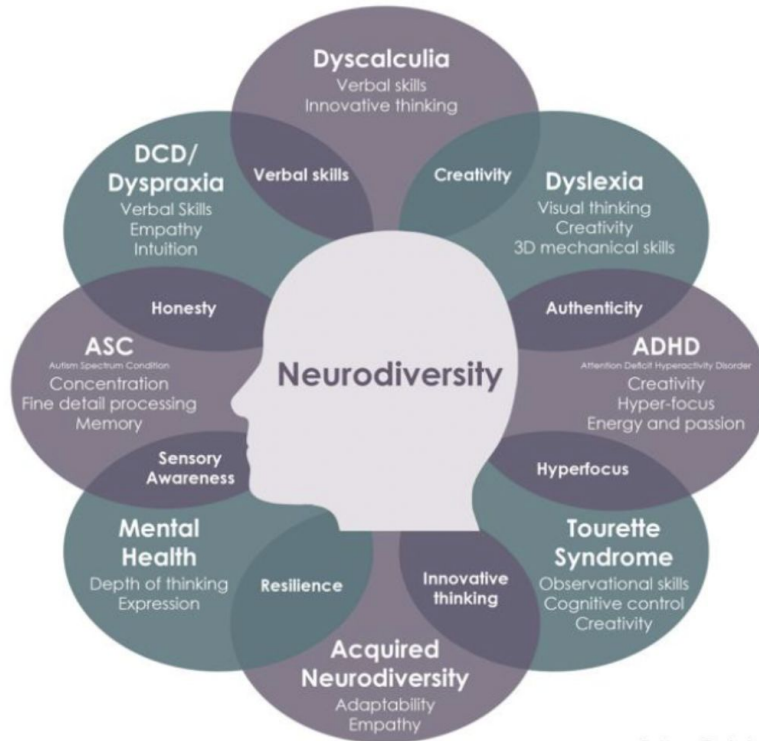
Neurodiversity
does not assume
that because a
person thinks,
feels, or sees the
world differently,
that they need to
be fixed or cured.

Neurodiversity
occurs in 15-20%
of the population

Diversity is an
evolutionary asset.

But the concept of neurodiversity can be extended to much more, encompassing mental health diagnoses and variations in brain functioning...

Sensory Processing Disorder



Dr Nancy Doyle, based on the work of Mary Colley

When is Diagnosis helpful?

01 When the demands required to grow and thrive in an environment exceed the current skills of the individual

Qualified Professional

DSM/ICD Codes

Accommodations



02 When a child or adult is seeking self-knowledge.

Feeling different

Social/Relationships

Work Difficulties



It is usually unnecessary to have a diagnosis if differences are not causing dysfunction in school or work performance, in activities of daily life, and/or in building and maintaining relationships.

Camouflaging Strategies

What are they?

Survivals tool for engaging successfully with the neurotypical world



‘Normal’

Can take a toll

Camouflaging

01 Compensation

Finding strategies

- Copy others body language or facial expression
- Learn social cues from television, films, or books
- Watch others to understand social skills
- Repeat others phrasing and tone
- Practice facial expressions or body language
- Use script in social situations
- Explicitly research the rules of social interaction
- Use social skills learned from watching others in interactions

02 Masking

Acting 'normal'

- Monitor face and body to appear relaxed and interested
- Adjust face and body to appear relaxed and interested
- Pressured to make eye contact
- Think about impression made on others
- Aware of impression made on others

03 Assimilation

Making an effort to fit in

- Feel need to put on an act
- Conversation is not natural
- Avoiding social interaction
- Performing in social situations
- Force self to interact
- Pretend to be normal
- Need others support to socialize
- Cannot be oneself while socializing

Potential School Challenges

01

Academic

- Sustained attention
- Distractibility
- Information processing
- Executive function
- Remembering and following instructions
- Language
- Math

02

Behavior/Emotional

- Hyperactivity
- Impulsivity
- Loud and disruptive
- Risky behavior
- Acting out or aggression
- Rigidity
- Withdrawal, shutdown
- Sensory overwhelm
- Anxiety, fearfulness

03

Social

- Others' perspectives
- Interpreting Social Cues
- Socially appropriate behaviors
- Connecting and making friends
- Keeping friends
- Being bullied or teased
- Loneliness and isolation
- Hygiene or appearance
- Rejection Sensitive Dysphoria

Help inside of School

- Child Find and self referral
- Educational consultants
- IEP's and 504's
- Accommodations
- Assistive Technology (especially for dyslexia)
- School counselors
- Develop working relationship with your child's teachers and counselor
- Understand school supports and interventions
- Download parents handbook for Special Education:
https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/97/parents_guide.2010pdf.pdf
- Also.. <https://www.specialeducationguide.com/>



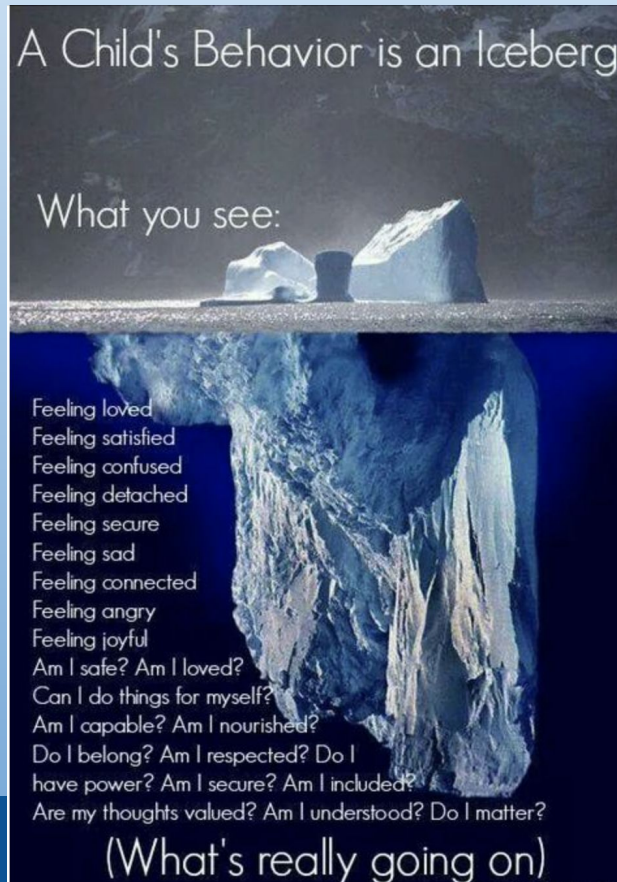
Help outside of School

Professionals that work with Neurodiversity

- Medical Professionals
- Psychologists
- Child and Family Therapists
- Prescribers
- Speech Therapists & Audiologists
- Physical and Occupational Therapists
- Therapeutic Social Groups
- ABA Therapists (*with caveat)
- Specialized Nutritionists/Dieticians
- Support Groups and Associations
- ADHD/Executive Functioning coaches (limited for kids)



The Behavior Iceberg



How can we be the best parents for our neurodiverse kids?

Safe
avoid actions and
responses that frighten or
hurt them

Soothed

help them deal with
difficult emotions and
situations



Seen
perceiving them deeply
and empathically —
sensing the mind behind
their behavior

Secure
help them develop an
internalized sense of
well-being

How do we help?



01

Check your own energy

You will not be effective in a heightened state



04

Be curious and observe

Don't just see the behavior - look for a cause



02

Respond rather than react

Come from a calmer place



06

Set them up for success

Routines, kits, cues



03

Validate

Try not to problem solve or brush off

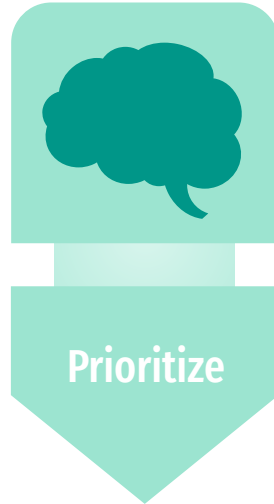


05

Acknowledge their strengths

Encourage their interests

Discipline?





Let's Connect!
703.327.0335



Visit our website for
presentation & resources:

WellnessConnectionLLC.com

Neurodiversity Resources

Neurodivergence (general)

Online Support and Resources

<https://childmind.org/article/what-is-neurodiversity/>

<https://neurodiversitylibrary.org/related-resources/>

<https://neurodivergentinsights.com/>

<https://www.verywellhealth.com/neurodivergent-5216749>

<https://www.affordablecollegesonline.org/college-resource-center/help-for-neurodivergent-students/>

Books

Divergent Mind: Thriving in a World That Wasn't Designed for You, 2021. Nerenberg, Jenara.

The Explosive Child [Fifth Edition]: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, 2021, Greene, Ross

Assistive Technology in Special Education: Resources to Support Literacy, Communication, and Learning Differences 3rd Edition, 2018 by Joan L. Green

The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed, 2016 by Jessica Lahey

Neurotribes: The Legacy of Autism and the Future of Neurodiversity, 2015. Silberman, Steve.

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, 2012, Daniel J. Siegel (not specifically on neurodivergent children, but helpful)

The Power of Neurodiversity: Unleashing the Advantages of Your Differently Wired Brain (published in hardcover as Neurodiversity) Paperback, 2011, by Ph.D. Thomas Armstrong PhD

The Complete Guide to Special Education: Expert Advice on Evaluations, IEPs, and Helping Kids Succeed (Second Edition), 2010, Wilmsburt, Linda

My Baby Rides the Short Bus: The Unabashedly Human Experience of Raising Kids with Disabilities Paperback, 2009 by Jennifer Silverman

Your Child's Strengths: Discover Them, Develop Them, Use Them. 2008, Jenifer Fox M.Ed.

The Elephant in the Playroom: Ordinary Parents Write Intimately and Honestly About Raising Kids with Special Needs, 2008, by Denise Brodey

Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning, 2008 by Joyce Cooper-Kahn & Laurie Dietzel

More book recommendations (including fiction for kids) on neurodiversity:

<https://bookriot.com/books-about-neurodiversity/>

Local Resources: School Support

<https://www.lcps.org/ChildFindCenter>

https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/97/parents_guide.2010pdf.pdf

<https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/97/Timelines%20factsheet%202014.pdf>

<https://www.specialeducationguide.com/>

ADHD

Online Support and Resources

<https://www.additudemag.com/>

<https://www.brownadhdclinic.com/resources-1>

<https://www.russellbarkley.org/>

<https://drhallowell.com/>

Books

Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD, 2021; Rosier, Tamara, PhD

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents Fourth Edition, 2020, Barkely, Russell

What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life, 2018, Saline, Sharon

Smart But Stuck: Emotions in Teens and Adults with ADHD, 2014, Thomas E. Brown

Helping Students Take Control of Everyday Executive Functions: The Attention Fix, April 15, 2012 by Paula Moraine

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential 1st Edition, 2012, Guare, Richard.

Accommodations for Success: A Guide and Workbook for Creating 504 Agreements and IEP's for Children with ADD/ADHD, 2012, by Craig B. Liden

Driven to Distraction, 2011, Hallowell & Ratey

Articles

<https://www.additudemag.com/wp-content/uploads/2022/12/The-ADHD-Healthy-Habits-Handbook.pdf> (18+)

Article on ADHD and social media with kids:

<https://www.additudemag.com/social-media-mental-health-teens-adhd/>

Social Media

https://www.tiktok.com/@theiepstrategist/video/7178148881149250862?_r=1&_t=8YNHTM9q0Pj&is_from_webapp=v1&item_id=7178148881149250862

[ADHD Meme Therapy | Facebook](#)

Local Resources

<https://adhdnova.org/>

<https://www.facebook.com/CHADDofNoVAandDC/>

<http://www.kimandlaurie.com/what-we-do>

<https://mindwell.us/>

Auditory Processing Disorder

Online Support and Resources

<https://www.asha.org/>

<https://www.audiologyonline.com/articles/national-coalition-on-auditory-processing-1194>

<https://www.ncapd.org/>

<https://kidshealth.org/Inova/en/parents/central-auditory.html>

<https://www.additudemag.com/the-sound-of-hope-a-book-review-from-the-mom-of-an-adhd-and-potentially-apd-child/>

Books

[Can I tell you about Auditory Processing Disorder?](#) 2018, by [Alyson Mountjoy](#)

[The Sound of Hope: Recognizing, Coping with, and Treating Your Child's Auditory Processing Disorder](#), 2010, by [Lois Kam Heymann](#)

Local Resources

<https://kidshealth.org/Inova/en/parents/central-auditory.html>

<https://familyhearingva.com/>

<https://entnova.com/pediatrics/pediatric-ent/speech-delay/>

<https://mindwell.us/auditory-processing-disorders/>

Autism

Online Support and Resources

<https://www.commonsense.org/education/lists/best-apps-for-kids-with-autism>

<https://nationalautismassociation.org/>

<https://autismfirstus.com/resources/>

[https://researchautism.org/research, advocacy, resources](https://researchautism.org/research,advocacy,resources)

<https://teacch.com/>

<https://www.autismparentingmagazine.com/>

<https://embrace-autism.com/>

<https://www.aspergerexperts.com/>

Books

Unmasking Autism: Discovering the New Faces of Neurodiversity, 2022. Price, Devon.

Divergent Mind: Thriving in a World That Wasn't Designed for You, 2021. Nerenberg, Jenara.

We're Not Broken: Changing the Autism Conversation, 2021, by Eric Garcia

Aspergirls: Empowering Females with Asperger's Syndrome, 2019. Simone, Rudy.

Odd Girl Out: My Extraordinary Autistic Life, 2018 by Laura James

Uniquely Human: A Different Way of Seeing Autism, 2016, by Barry M. Prizant

Neurotribes: The Legacy of Autism and the Future of Neurodiversity, 2015. Silberman, Steve.

Nerdy, Shy, and Socially Inappropriate: A User Guide to an Asperger Life, 2014, by Cynthia Kim

The Real Experts: Readings for Parents of Autistic Children, 2011, by Various (Author), Michelle Sutton

Look Me in the Eye: My Life with Asperger's, 2008 by John Elder Robison

The Curious Incident of the Dog in the Night-Time, 2004, by Mark Haddon

Articles

<https://www.autismparentingmagazine.com/sensory-processing-disorder-icd-10/>

<https://autismsa.org.au/autism-diagnosis/autism-symptoms/signs-of-autism-in-girls/>

Article about use of social media in teens with autism:

<https://news.virginia.edu/content/social-media-can-provide-connections-children-and-adults-autism-spectrum>

Social Media

<https://www.facebook.com/groups/334189551097083/> (for 18+)

Local Resources

<https://viacenters.org/>

<https://www.autismspectrumalliance.com/>

<https://www.centerforautism.com/>

<https://www.thearcofloudoun.org/>

<http://autismoutreach.org/>

<https://compassva.com/location/loudoun/>

<https://www.loudoun.gov/1592/Workforce-Resource-Center> vocational

<https://www.loudoun.gov/1329/Developmental-Services>

<http://www.aplacetobeva.org/> music therapy

<https://autismtrainingva.vcu.edu/> vocational

<https://www.wingstothrive.com/> OT

*<https://creativehealthllc.com/> OT

<https://skillsonthehill.com/>

Local Resources

<https://poac-nova.org/>

<https://poac-nova.org/loudoun-county-resources/>

<https://www.asnv.org/>

https://autismfirstus.com/wp-content/uploads/2021/11/Autism-Resources_Loudoun-County.pdf

<https://vafamilysped.org/disability-services/uRBfJ9ms9dc>

Dyslexia & Learning Disabilities

Online Support and Resources

<https://ldaamerica.org/info/professionals-who-can-help/>

<https://www.nclld.org/>

<https://www.ldrfa.org/>

<https://www.iecaonline.com/>

<https://dyslexiaida.org/>

<http://dyslexiahelp.umich.edu/>

<https://www.ldonline.org/>

<https://www.smartkidswithld.org/>

<http://headstrongnation.org/>

<https://teach.com/resources/support-students-with-dyslexia/>

<https://www.limeconnect.com/>

<https://www.edsys.in/15-best-apps-for-students-with-learning-difficulties/>

<https://www.mentalup.co/blog/apps-for-learning-disabilities>

Books

The Misunderstood Child, Fourth Edition: Understanding and Coping with Your Child's Learning Disabilities. Silver, Larry

The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. Ben Foss

Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level by Dr. Sally Shaywitz, M.D.

Helping Your Child with Language-Based Learning Disabilities: Strategies to Succeed in School and Life with Dyslexia, Dysgraphia, Dyscalculia, ADHD, and Processing Disorders Paperback – Illustrated, 2018, Daniel Franklin PhD

Other book recommendations:

<https://www.readingrockets.org/article/top-10-resources-dyslexia>

Articles

<https://dyslexia.yale.edu/dyslexia/what-is-dyslexia/>

<https://childmind.org/article/understanding-dyslexia/>

<https://www.readingrockets.org/article/top-10-resources-dyslexia>

<https://www.readingrockets.org/article/dyslexia-and-brain-what-does-current-research-tell-us>

<https://www.edsys.in/15-best-apps-for-students-with-learning-difficulties/>

<https://www.mentalup.co/blog/apps-for-learning-disabilities>

Local Resources

<https://va.dyslexiaida.org/about-us/virginia-providers/>

<https://www.lifespanpsyc.com/>

<https://mindwell.us/>

<http://www.virginiadyslexia.com/services.html>

<https://altavc.weebly.com/>

<https://www.lockedonlearning.com/>

Sensory Processing Disorder & Synesthesia

Online Support and Resources

<https://www.spdfoundation.net/>

<https://www.additudemag.com/slideshows/signs-of-sensory-processing-disorder/>

<https://childmind.org/article/sensory-processing-issues-explained/>

Books

Sensational Kids, Miller, Lucy Jane.

The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync Child Series). Kranowitz, Carol Stock

Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World, 2003, by Sharon Heller

A Mango-Shaped Space, by Mass, Wendy

Articles

<https://www.additudemag.com/what-is-sensory-processing-disorder/>

<https://sensoryhealth.org/basic/understanding-sensory-processing-disorder>

<https://www.autismparentingmagazine.com/sensory-processing-disorder-icd-10/>

Local Resources

<https://catalog.library.loudoun.gov/?section=resource&resourceid=563659701>

<https://www.inovachildrens.org/rehabilitation/ilh>

<https://www.inovanewsroom.org/expert-commentary/2018/04/understanding-sensory-processing-disorders/>

Local Services

<https://www.tlcotllc.com/occupational-therapy-sessions>

<https://littlehandspediatrictherapy.com/occupational-therapy/>

<https://www.lcfkids.com/about>

<https://www.skyclimbcenter.com/>

<https://www.pediatricmovementcenter.com/> OT

<https://www.playworksspeech.com/>

<https://skillsonthehill.com/>

<https://sensoryhealth.org/treatment-directory/false/false/VA/false>

<https://sensoryhealth.org/treatment-directory/false/false/MD/false>

<https://sensoryhealth.org/treatment-directory/false/false/DC/false>

Tourette Syndrome/Tic Disorders

Online Support and Resources

<https://www.cdc.gov/ncbddd/tourette/facts.html>

<https://njcts.org/tsparents/a-helpful-list-of-tourette-syndrome-books-videos-and-links/>

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Tic-Disorders-035.aspx

Local Resources

<https://tourette.org/chapter/mid-atl/>

<https://www.inova.org/inova-community/care-connection-children/parent-resource-directory/tourette-syndrome-association>

<https://uvahealth.com/services/neurology/tourette-syndrome>