

Therapeutic Support For Parents & Carers

Neurodiversity week 2022

MARCH 21 - 27, 2022

Neurodivergent & Neurotypical

Neurodivergent/Neurodiverse (ND) describes a variety of conditions related to cognitive abilities including: Autism, ADHD/ADD, Dyslexia, Dyscalculia and OCD.

ND is the idea that we take into account variations in the human brain in relation to learning, mood, attention, sociability and other mental functions and not regard them as abnormal or unhealthy but as differences to be understood and worked with.

Neurotypical (NT) describes individuals who display typical intellectual and cognitive development acquiring physical, verbal, intellectual, and social skills proceeds at a specific pace and meet standardly accepted mile stones for development. NT can generally navigate complex social situations, have good communication skills and be able to more easily form relationships/friendships. NT can usually function better in distracting or stimulating settings without becoming overloaded by stimuli.



Neurodivergent



A person



whose brain makes connections differently from a neurotypical brain.



who is more likely to be able to think outside the box.



who is more likely to approach situations differently.



who is more likely to bring different perspectives to things.



who is less likely to need to make small talk.

Neurotypical



A person



whose brain makes connections in a way that require few societal adaptations.



whose brain develops in the typically way expected.



who is more likely to be comfortable speaking to new, unknown people.



who is less likely to feel 'out of' friendship groups.



who is more likely to adapt quicker to sudden changes.

Find how you can support and find more information during Neurodiversity week 2022, MARCH 21 - 27, 2022:

<https://www.neurodiversityweek.com/neurodiversity-comic-book>

<https://www.neurodiversityweek.com/parent-resources>

Please email us any questions/feedback that you may have to help support you and your family;

therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)