

## Neurodevelopmental Diversity: What Every Parent Needs to Know

- Supporting Your Neurodivergent Child [Neurodiversity | Essex Family Forum](#)  
Any parent in Essex can ask for a hard copy of this to be sent to them for free or use the link
- Essex Family Forum [Home | Essex Family Forum](#)
- Essex Local Offer Roadshows [Essex Local Offer Roadshows | Essex Local Offer](#)
- Ordinarily Available Targeted Support Framework [What good support in school looks like | Essex Local Offer](#)
- EXTRA [Extra Support for Families | Welcome to Extra Support for Families](#)
- MAZE [The MAZE Group | SEND Parenting Support Group in Essex](#)
- SNAP [SNAP Charity - Registered Charity No.1077787](#)
  
- Families in Focus Essex [Home - Families InFocus Essex](#)
- Autism Central [East of England delivered by Essex County Council | Autism Central](#)
  - Autism central is a peer support programme for parents.
- Essex Short Breaks [What are Essex Short Breaks?](#)
  - You can register for Essex short breaks if your child has been referred for assessment, you don't have to have a diagnosis any longer.
- Essex SEND IASS [Essex SEND - Information, Advice and Support Service](#)
- [STRM Support STRM Support – Send the Right Message](#)
- [PACT Autism Support | PACT For Autism | England](#)

### Information and advice

- [What is autism?](#)
- [Understanding and supporting my child's ADHD](#)
- [What is a learning disability? | Mencap](#)
- [What are Specific Learning Difficulties \(SpLDs\)? - The Dyslexia Association - The Dyslexia Association](#)

### USEFUL WEBSITES

[National Autistic Society](#)

[The ADHD Foundation](#)

[Learning Disability Matters](#)

[Contact](#) (for families of disabled children)

## **Psychology in Schools Team Free Workshops**



**[Parent workshops | Norfolk and Suffolk NHS](#) – to watch recorded workshops**

### **From our childhood neurodiversity series**

- [Understanding and Supporting Sleep Difficulties](#)
- [Understanding and Supporting Eating Difficulties](#)
- [Understanding and Managing Behaviour](#)
- [How the Brain Develops](#)
- [The Impact of Early Life Stress](#)
- [Supporting Social Relationships](#)
- [Supporting Language and Communication](#)
- [Understanding and Supporting Sensory Needs](#)
- [The Benefits and Problems with Using Technology](#)

### **From our mental health series...**

- [Building Resilience and Managing the Next Steps](#)
- [Building Understanding and Supporting Your Child with Tourette's Syndrome/Tics](#)