

Supporting Your Neurodivergent Child

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

Sleep disturbances

Distressed behaviour

Struggles in school

Problems with their peer group

Social anxiety

Communication and/or speech delay

Meltdowns

Sensory issues

Fussy eater

Mental health issues

Supporting Your Neurodivergent Child

Written by parents, for parents

NHS

['Supporting Your Neurodivergent 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.



View a digital copy here

[About Essex Family Forum](#)

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org to find out more about what we do, to access the resource pack and to share your experiences and feedback via our virtual graffiti wall.



Order your free hard copy here

[Support for children and young people with SEND](#)

The Local Offer gives children and young people with SEND, and their families, information about what support services are available in their local area. You can access the Essex Local Offer at www.essexlocaloffer.org.uk



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