

NEURODIVERSITY COACHING: ~ PARENT MENTORING SESSION 1

PARENT MENTORING OUTCOME:

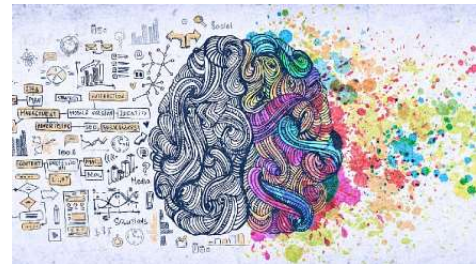
- From these parent mentoring sessions, I would like to...

- So I can...

EXPECTATIONS:

Our brains develop slightly differently and some much more than others.

Neurodiversity is a life-long condition and needs to be supported in a similar way to other health conditions.



It will come with its challenges and important to set the expectation of this.

They are not lazy or demotivated, they know what to do, it's the actual doing that is the challenge. And that's where parent support and embedded strategies are key to helping achieve his best to develop their wonderful strengths and positive side of the condition.

- ❖ One of their strengths/positive qualities is...

FRAMEWORK:

Together we will be building the support structure for them (and you) to follow long-term. Think of it as strong foundations that stand the challenges of life!

One of the challenges of neurodiversity is the executive function... in other words the self-management and regulation part of the brain.



Planning



Organization



Task Initiation

Where we'd expect a neurotypical child or teen to have self-regulation, motivation and be aware of time, a neurodivergent child/teen does not have this capacity.



Flexibility



Attention



Self-Control



Metacognition

Therefore, we must create the strategies and workable routines to instruct and remind them and also make them more accountable to these tasks (not less!).



Working Memory



Time Management



Perseverance

Reward systems are a great visual motivator for them to see and recognise 'why' they must do homework/studies or other activities.

- ❖ Appropriate reward options for them

- ❖ Appropriate consequences when not completed tasks (creates visual accountability) ...

Here we start creating a win/win approach.

COMMITMENT:

My commitment to the coaching and continuous support for them...