

Support for parents of neurodivergent children/young people

1. One-Off Parent Support Session

50 minutes

Suitable for families needing immediate support with:

- new diagnosis
- school issues
- behaviour
- emotional regulation
- parenting strategies
- navigating services.

Includes:

- video or telephone consultation
- a follow-up email with relevant resources.

Cost:

- £85/session
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2. Parent Support Package

Three sessions over six weeks.

Includes:

- three consultations
- personalised support plan
- tailored resource pack

Cost:

- £240

3. Post - Diagnosis Programme

Six-part structured programme which can be tailored to suit the family's requirements after a diagnosis.

Example 1

Week	Focus
Session One	Processing and understanding the diagnosis (parents)
Session Two	Understanding your brain (parents with child)
Session Three	Supporting emotional regulation (parents)
Session Four	Working with your child's school (parents)
Session Five	Wider understanding of your child (Grandparents/close family)
Session Six	Looking forward (school transitions, puberty)

Example 2

Week	Focus
Session One	Processing and understanding the diagnosis (parents and teen)
Session Two	Understanding your child's brain further (parents)
Session Three	Supporting emotional regulation (parent +/- teen)
Session Four	Supporting sleep and healthy habits (parent +/- teen)
Session Five	Future planning, tackling next steps (parents and teen)
Session Six	Review and future planning

Cost:

- £450
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