North Somerset Council

Open, Fair, Green

Understanding and Supporting Neurodivergent Children and Young People

Free videos and printable guides for parents and carers



A **free, evidence-informed** parent support resource for families of neurodivergent children and young people in **North Somerset.**

Practical, easy-to-understand videos with one-page "Fridge Guides" you can print and keep.

Topics include:

1. What Do We Mean by Neurodiversity and Neurodivergence?
2. How Neurodivergence Can Affect Everyday Life
3. Masking: Why School and Home Can Feel So Different
4. Coming to Terms with the Idea of ADHD or Autism
5. Supporting Your Child Without Waiting for an Assessment
6. Supporting Big Emotions, Meltdowns, and Shutdowns
7. Everyday Challenges: Sleep, Eating, Transitions, and Independence
8. Looking After Yourself as a Parent

SCAN HERE TO ACCESS THE SERIES

Free to access • Share with others who may find it helpful

Or search **North Somerset EPS** on YouTube

Created to support, not replace, professional advice.
If you have concerns about your child, please speak to your GP, school or local support services.