



# Therapy Services

## RESOURCE SHEET

### Parenting While Navigating Your Own Neurodivergence



**You're parenting with a brain that works differently and that's not a flaw.** Whether you have autism, ADHD, or otherwise neurodivergent, you bring unique strengths and face real challenges. You might feel overwhelmed by sensory input, struggle with executive functioning, or find social expectations exhausting all while trying to meet your child's needs.

#### Common Experiences for Neurodivergent Parents

- Feeling overstimulated, burnt out, or emotionally drained
- Difficulty managing routines, transitions or time
- Guilt or shame about parenting "differently"
- Masking your needs to meet expectations
- Struggles with emotional regulation or decision fatigue

#### Strengths You Might Bring

- Deep empathy, sensitivity, and emotional insight
- Creative, flexible problem-solving
- Strong sense of fairness and justice
- Passionate advocacy for your child
- Unique ways of connecting, playing, and understanding

#### Strategies That Can Help

- **Visual supports:** Use calendars, checklists, and reminders that suit your thinking style
- **Sensory regulation:** Identify what soothes you, headphones, movement, quiet time
- **Flexible routines:** Build structure that supports predictability and rest
- **Energy budgeting:** Prioritise what matters most and release perfectionism
- **Self-advocacy:** Ask for support or accommodations from services, schools, or family

## Reframing the Narrative

*"I'm not failing, I'm parenting in a world that wasn't designed for me."*

*"My needs matter too."*

*"I can be a great parent and need support."*

## Remember:

*You don't need to parent like everyone else, just in a way that works for you and your family.*

*Your neurodivergence isn't a barrier to connection; it can be a bridge.*

*You're allowed to thrive, not just survive.*



## Helpful Resources

**PANDA – Sensory Overload Toolkit for Neurodiverse Parents**  
[panda.org.au](http://panda.org.au)

**Neuroaffirming Resources**  
[Neuroaffirm.au](http://Neuroaffirm.au)

**Parenting Ways – Neurodivergent Parenting Programs**  
[parentingways.com.au](http://parentingways.com.au)

**Perfectly Imperfect – Neurodiversity-Affirming Support**  
[perfectlyimperfect.net.au](http://perfectlyimperfect.net.au)

**Affirm With Me – Coaching & Advocacy**  
[affirmwithme.com.au](http://affirmwithme.com.au)

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