

# SERIES OF NEURO-AFFIRMING QUESTIONS



..that will guide the conversations with parents in a way that validates their knowledge, prioritises their child's perspective and nurtures an open, collaborative partnership between them and all professional bodies involved.



1. How does your child experience the world?
2. What does your child enjoy, and what brings them glimmers?
3. Are there any sensory experiences or environments that help your child feel safe or calm?
4. How does your child communicate their needs, whether verbally or non-verbally?
5. How can we support your child in having more agency and choice in their day?
6. Are there any strategies that empower your child to advocate for themselves?
7. What are your child's self-regulation strategies?
8. What does your child need from others to feel accepted and supported?
9. What have you found helpful when others try to connect with or support your child?
10. What strengths does your child have that we can focus on and build from?
11. Are there any aspects of your child's neurodivergence that you feel are often misunderstood or overlooked?
12. What accommodations or adjustments have you found to be helpful in supporting your child at school or at home?
13. How can we best communicate and collaborate to ensure we are aligned in supporting your child's goals?
14. What are the most important values or principles you'd like us to honour when working with your child?



15. Are there particular sensory experiences that your child finds overwhelming?
16. Does your child have specific sensory needs or preferences that help them stay focused or engaged?
17. How does your child best learn or engage with new information?
18. Are there specific learning environments or adaptations that help your child thrive?
19. What strategies have helped your child navigate challenges with executive functioning?
20. How does your child express emotions, and how can we best support them during intense emotional experiences?
21. Are there specific social situations where your child feels particularly comfortable or uncomfortable?
22. How can we foster your child's sense of belonging with peers and in group settings?
23. What does being neurodivergent mean to your child and your family, and how can we honour that in our work together?
24. Are there cultural, familial, or personal values that should guide how we approach your child's care and development?
25. How do you feel about the balance between your child's needs and your own, and how can we support you as a family in maintaining that balance?
26. What are the most important things we can do to support your family in feeling empowered and informed?



27. Are there any strategies or approaches that have worked for your family to help manage stress or overwhelming situations?

28. How does your child handle changes in routine or unexpected transitions, and what can we do to make those smoother for them?

29. Are there any particular challenges that arise during transitions?

30. When your child is feeling overwhelmed or distressed, are there specific tools or approaches you've found helpful in bringing them back to a state of calm?

31. What are your hopes for your child's future, and how can we support those goals in a way that respects your child's neurodivergence?

32. How can we encourage your child's self-advocacy and independence while respecting their boundaries and needs?

33. What does success look like for your child, both now and in the future, in terms of school, relationships, and personal growth?

34. What kind of community or social support systems have been most helpful to your family, and how can we build on that support?

35. Is there anything you feel hasn't been addressed or could be done differently in your child's current care?

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