



# Neurodiversity

ADHD Termly Newsletter

## Introduction

Dear parents/carers, we are introducing an additional newsletter, this offers information alongside tips and tricks to support you as parents. It will also signpost you to forums and activities in and around Lincolnshire.

## What does neurodivergent mean?

Neurodivergent is a modern term, "Neurodiversity describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits."

## ADHD

Attention Deficit Hyperactive Disorder, commonly known as ADHD increase the chance of behaviours that fall into the following categories:

Hyperactive  
Inattentive  
Impulsive

It is important that parents utilise the 5 c's framework to support their children:

Connection  
Composure  
Compassion  
Collaboration  
Consistency

Further information on how this can be applied can be found at:

<https://thrivingwithadhd.com.au/5cs-parenting-framework/>

## Hyperactive

Hyperactivity can present challenges if not managed efficiently, at school we have started trialing sensory circuits and this is something you can do at home. It guides young people back down to a regulated state and allows them to exert their excess energy. It also creates a point of connection for you and your child.

<https://www.wyevalley.nhs.uk/media/679313/sensory-motor-circuits.pdf>

## Tips and tricks

Why not take it outdoors? The benefits of being outdoors improve both mental and physical health and a study has shown it can reduce some symptoms of ADHD. The national trust has a scheme this autumn that allows a free membership to some sites across the country. Further details including exemptions:

<https://www.nationaltrust.org.uk/visit/escape-into-autumn>



**Have any questions are worries? Want to talk with parents/carers in the same situation?**

Right click on the icon and follow the link.