

# Supporting your neurodiverse child

By parents  
for parents

Does your child or young person have any of the following issues that worry you?

Sleep disturbances

Distressed behaviour

Mental health issues

Sensory issues

Struggles in school

Fussy eater

Communication

Meltdowns

Problems with their peer group

Social anxiety

Speech delay

A comprehensive pack of information to support your neurodiverse child or young person in Essex is available online on your Local Offer.

- Essex Local Offer [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk)
- Southend Local Offer [www.livewellsouthend.com](http://www.livewellsouthend.com)
- Thurrock Local Offer [www.askthurrock.org.uk](http://www.askthurrock.org.uk)



This information pack is to help families navigate the support that is available and includes practical interventions, resources, hints and tips based on the lived experiences of local families.

Written by Essex Family Forum ([www.essexfamilyforum.org](http://www.essexfamilyforum.org)), Takiwātanga Support Services ([www.takiwatangasupportservices.co.uk](http://www.takiwatangasupportservices.co.uk)) and SEND the Right Message ([www.sendtherightmessage.co.uk](http://www.sendtherightmessage.co.uk))

