

# Thrive at Home

A Parent's Neurodivergent Help Guide



## To The Strong Parent Reading This,

I see you. I see the love, patience, and resilience you pour into your child every day. Raising a neurodivergent child comes with unique joys and challenges, and I want you to know—you are not alone. As the founder of **Divergent Tribe**, my mission is to support families like yours, helping you create a home environment where your child can **thrive, learn, and embrace their strengths**. I've dedicated my career to understanding neurodivergent minds and turning struggles into superpowers.



**You are already doing an incredible job**, and I'm here to offer guidance, encouragement, and practical tools to make your journey a little easier.

Parenting a neurodivergent child comes with unique challenges, but with the right tools, you can create a home environment where your child **thrives, learns, and feels supported**. This guide provides **10 simple, effective techniques** to help your child stay focused, reduce frustration, and make learning at home easier. Let's unlock their full potential—one small step at a time! 💙✨

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# Top 10 Techniques to Help a Neurodivergent Child Learn & Stay Productive at Home

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Neurodivergent children (ADHD, autism, dyslexia, etc.) often have **unique learning styles** and **different needs** when it comes to focus, organization, and productivity. These **10 evidence-based techniques** can help them learn **easier at home** and become more **confident, independent and productive**.

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## 1. Create a Sensory-Friendly Learning Environment

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✅ **Why It Works:** Neurodivergent children can be easily distracted or overstimulated. A calm, structured space enhances focus.

✅ **How to Do It:**

- Use **noise-canceling headphones** or soft background music (lofi beats, white noise).
- Provide **fidget tools** (stress balls, putty) to improve concentration.
- Adjust **lighting**—use warm, natural lighting to prevent overstimulation.
- Offer **different seating options** (bean bags, wobble stools) to match their comfort needs.

## 2. Use Visual Schedules & Timers

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✅ **Why It Works:** Many neurodivergent kids struggle with transitions and time management. Visual aids **reduce anxiety** and make routines predictable.

✅ **How to Do It:**

- Use **picture schedules** or a **whiteboard** with checklists.
- Set timers (Pomodoro technique: **25 minutes of work, 5-minute break**).

- Use **countdowns** ("We have 5 minutes before we start math!") to prepare for transitions.

## 3. Let Them Learn in a Preferred Style

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✅ **Why It Works:** Some kids learn best through **movement**, while others prefer **hands-on activities** or **visual learning**.

✅ **How to Do It:**

- **Visual learners** → Use **videos, charts, and color-coded notes**.
- **Kinesthetic learners** → Let them **walk, jump, or use hands-on activities** while learning.
- **Auditory learners** → Use **audiobooks, songs, or spoken instructions** instead of written text.
- **Tactile learners** → Incorporate **playdough, textures, or writing in sand/rice trays**.

✨✨ *Tip:* If they have ADHD, letting them **bounce on an exercise ball** while listening to a lesson can boost focus! ✨😎✨

## 4. Implement Brain Breaks & Movement Activities

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✅ **Why It Works:** Neurodivergent kids **learn best in short bursts** and need frequent breaks to avoid burnout.

✅ **How to Do It:**

- Use **brain breaks** every **20-30 minutes** (jumping jacks, stretching, quick dance party).
- Incorporate **movement-based learning** (e.g., **spell words while tossing a ball**).
- Allow **flexible seating** (standing desk, sitting on the floor, rocking chair).

## 5. Gamify Learning for Engagement

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✓ **Why It Works:** Games **trigger dopamine release**, making learning feel like fun instead of a chore.

✓ **How to Do It:**

- Use **educational apps** (Duolingo, Prodigy Math, Khan Academy Kids).
- Turn homework into a **scavenger hunt or a race** ("Let's see who can finish 5 problems first!").
- Reward effort with **points, stickers, or a reward chart** ("Earn 10 stars for a fun family movie night!").

## 6. Teach Emotional Regulation & Coping Skills (if over 6 years old)

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✓ **Why It Works:** Many neurodivergent kids struggle with **emotional regulation and frustration tolerance**.

✓ **How to Do It:**

- Teach **calming strategies** (deep breathing, squeezing a stress ball, counting to 10).
- Use **visual emotion charts** to help them express feelings.
- Create a **calm-down corner** with soft pillows, sensory toys, and dim lighting.
- Encourage **journaling or drawing emotions** if verbal expression is difficult.

## 7. Use Internet-Based Learning

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✓ **Why It Works:** Neurodivergent children hyperfocus on topics they love. Leveraging their interests makes learning effortless.

✓ **How to Do It:**

- If they love **Minecraft**, use it to teach **math, geography, or storytelling**.
- If they're into **dinosaurs**, relate all subjects to that theme.
- Let them **choose books** based on their favorite topics (even if it's graphic novels or comics!).

✨ *Tip:* Some autistic children learn better when topics are **contextualized within their special interests**. ✨

## 8. Minimize Verbal Instructions

### – Use written or visual aids

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✅ **Why It Works:** Many neurodivergent kids process information better when it's **visual rather than spoken**.

✅ **How to Do It:**

- Instead of long explanations, use **step-by-step picture guides or sticky notes**.
- Provide **written checklists** for tasks (e.g., **Morning Routine: 1. Brush teeth, 2. Get dressed, 3. Eat breakfast**).
- Use **gesture-based cues** (pointing, hand signals) instead of repeating instructions.

✨ *Tip:* Keep directions **short & direct** ("Put shoes on." Instead of, "Okay, now it's time to get ready, so can you go put your shoes on"). ✨

## 9. Encourage Self-Advocacy

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✅ **Why It Works:** Teaching kids to express their needs helps them **build confidence and resilience**.

✅ **How to Do It:**

- Teach them **how to ask for breaks** ("I need a 5-minute quiet time").
- Role-play **how to self-advocate in school settings** ("I work better when I have extra time on tests").
- Let them **make choices** in their learning (e.g., "Do you want to do reading first or math?").

✨ *Tip:* Helping kids **understand their own neurodivergence** empowers them to navigate challenges.



## 10. Celebrate Strengths & Small Wins

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✓ **Why It Works:** Many neurodivergent kids face **constant criticism**, so **recognizing their efforts** boosts self-esteem.

✓ **How to Do It:**

- Praise **effort over outcome** ("I love how hard you worked on that!").
- Keep a "**win jar**" where they add a note every time they accomplish something.
- Acknowledge **unique talents** (e.g., creativity, problem-solving, empathy).

✨ *Tip:* A simple **high five, fist bump, or happy dance** can reinforce positive behavior. ✨

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## Final Thoughts

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In conclusion, each neurodivergent child is **unique**, so it's essential to experiment with different strategies and **adapt** them to fit their individual needs. **Pay attention** to what works best for them, and be open to adjusting as you go. The key is to create an environment that is **engaging** and **free of stress**, allowing them to **thrive**.

**By supporting their strengths and addressing their challenges, you can help them feel seen, understood, and empowered.**

