

## Dear Parent of a Neurodivergent Child,

First, let me say this—you are not alone.

As an occupational therapist who has walked alongside many families, I want you to hear something that often gets lost in a world of assessments, appointments, and opinions: Your love is the most powerful therapy your child can ever receive.

In a world full of judgment and noise, it's easy to worry about what others will think. But here's the truth—your child doesn't need you to explain them to the world. They need you to see them, accept them, and celebrate them just as they are.

Neurodivergent children often feel the pressure to fit into boxes they were never meant to fit. That pressure can be overwhelming—not just for them, but for you too. But you don't have to carry it alone.

Let go of the shame, the guilt, the questions about what you could have done differently. None of this is your fault. What your child needs most isn't perfection—it's presence.

They need your laughter, your hugs, your voice saying, 'You belong here. We love you as you are.' Because when children feel accepted at home, they find the strength to face a world that doesn't always understand them.

You may feel tired. Some days may feel impossible. But your consistent love—the way you keep showing up, even when it's hard—is shaping your child in ways you may not yet see. You are teaching them resilience, safety, and hope.

Please don't judge your child by what they struggle with. See them for what they are becoming. Sometimes the children who take the longest to bloom grow into the strongest, most extraordinary souls.

So take time to play. Laugh over little things. Celebrate small wins.  
Create a home that says, 'Here, you are safe to be yourself.' That's the  
greatest gift you can give your child—and yourself.

With admiration and hope,

A Fellow OT Who Believes in You