

## **Extended Free Resource Guide for Parents of Neurodivergent Children (Ages 6–16)**

This guide includes web-based resources to help parents and caregivers support children with ADHD, Autism, DCD, sensory processing issues, and more.

### **1. Parent Support Groups & Coaching**

Parents Helping Parents – Virtual Support:

<https://parentshelpingparents.org/parenting-neurodivergent-children>

Autism Speaks – Community Connections:

<https://www.autismspeaks.org/finding-your-community>

SNAP Charity – Specialist Talks: <https://www.autism.org.uk/what-we-do/support-in-the-community/family-support>

### **2. Educational & Advocacy Resources**

Explaining Brains – Parent Handouts:

<https://explainingbrains.com/parents>

Children’s Hospital Colorado – Neurodiversity Guide:

<https://www.childrenscolorado.org/just-ask-childrens/articles/neurodiversity>

Therapist Neurodiversity Collective – Free Printables:  
<https://therapistndc.org/education>

### **3. Mental Health & Emotional Regulation**

Child Mind Institute – Family Resource Center: <https://childmind.org>

Peachey Counselling – Resource Blog:  
<https://www.peacheycounselling.ca/blog/2024/resources-for-parents-with-neurodivergent-kids>

Understanding Neurodivergence – Parent Guide (PDF):  
<https://cawdorprimaryschool.com/wp-content/uploads/2023/10/understanding-neurodivergence-parents.pdf>

### **4. Identity & Self-Advocacy Tools**

Konfident Kidz – Embracing My Neurodivergence Workbook:  
<https://www.additudemag.com/slideshows/authoritative-parenting-tips-neurodivergent-children>

Neurodivergent Insights – Low-Demand Parenting:  
<https://raisingchildren.net.au/guides/a-z-health-reference/neurodiversity-neurodivergence-guide-for-families>

## **5. Free Training & Learning Modules**

Penn State Thrive Initiative – Autism Module:

<https://www.psu.edu/news/social-science-research-institute/story/new-module-support-caregivers-children-who-are>

ADDitude – Authoritative Parenting Tips:

<https://www.additudemag.com/slideshows/authoritative-parenting-tips-neurodivergent-children>