## **Supporting your** neurodiverse child Does your child or young person have any of the following issues that worry you? Sensory Sleep issues **Distressed** disturbances behaviour Communication Social Mental anxiety health **Meltdowns** issues Speech **Problems Struggles** delay in school **Fussy** with their peer group eater

## Supporting your neurodiverse child resource pack

Written by Essex Family Forum, MyOTAS and SEND the Right Message, 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. Available both online and in hard copy, simply scan the QR codes opposite, or visit the Essex Family Forum website.

View a digital copy here

## **About Essex Family Forum**

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at wwwoessexfamilyforum.org to find out more about what we do, to access the resource pack and to share your experiences and feedback via our virtual graffiti wall.

Order your free hard copy here

Support for children and young people with SEND

Share feedback via graffiti wall here











