

What is Neurodiversity?

Neurodiversity refers to the normal variation in brain function and development that is a natural part of the human condition. Neurodiversity celebrates differences rather than viewing them as deficits. Below are some common neurotypes:

Autism Spectrum Disorder (ASD):

Autism spectrum disorder (ASD) is a developmental difference that can sometimes be discernable in early childhood. Autism can affect communication, social interaction, sensory processing, and behavior. Autism is different for each individual. 1 in 64 have this difference.

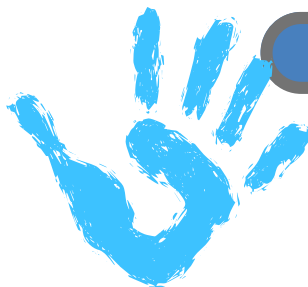
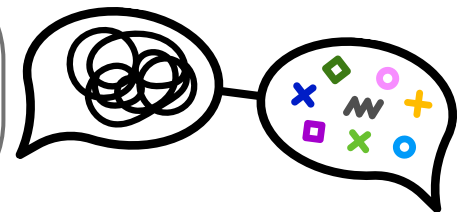


Attention-Deficit/Hyperactivity Disorder (ADHD):

ADHD is a common difference that can make it more difficult to focus, keep still, and think before acting. Some people with ADHD mainly have trouble with focus. (This is also known as ADD). ADHD can also impact other skills, including socializing, planning, and organizing.

Dyslexia:

Dyslexia is a language-based learning difference that affects reading fluency, decoding, and spelling. People with dyslexia may struggle with reading, but these challenges aren't a problem with intelligence and often comes with great strengths. It is thought that 1 in 5 people have a learning difference like Dyslexia.



Dyspraxia:

Dyspraxia is a disability that affects movement and coordination. Individuals with dyspraxia may have difficulty with gross motor skills, fine motor skills, and planning or executing movements.

Sensory Processing Disorder (SPD):

SPD is a condition that affects the way in which the brain processes sensory information. Individuals with SPD may be over or under-responsive to certain sensations, leading to discomfort or distraction.



More information can be found at [understood.org](https://www.understood.org)



How to Teach Kids about Neurodiversity

Neurodiversity refers to the normal variation in brain function and development that is a natural part of the human condition. It is important to talk with your kids early and often about differences, both visible and invisible. Below are some tips:

Observe

Observe how people, plants, and other living things are alike and different. Just like biodiversity in nature, neurodiversity is natural and necessary.



Talk

Talk about how brains work and how each brain is unique. Discuss how there are some differences we can see and others we cannot.



Read

Read books that talk about neurodiversity or have neurodivergent characters. Choose picture books that display individuals with differences.



Answer

Be open and honest with kids when they have a question about someone with a visible or invisible difference.



Include

Include individuals with differences whenever you can. Be mindful of how you talk to, talk about, and interact with others who are neurodiverse. Remember you are your kids' best role model and teacher.

