



A Letter to Parent Pre and Post Diagnosis

A Letter to a Parent **prior to** **Diagnosis...**

Dear (insert parent x caregiver's name),

I hope you are well.

I wanted to write to you as we continue to learn more about (child's name) together. You have recently shared that you are exploring the possibility of a diagnosis, or are waiting for assessments. I know that this can be a sensitive and sometimes overwhelming process. There are often more questions than answers, and the systems that are meant to support can sometimes feel more focused on deficits than on your whole child.

You know your child best, and I hope that any future assessment or diagnosis helps to bring clarity, language, and affirmation, rather than limitation.

While we wait, I want to take a moment to reflect on what we already know: your child is a unique, competent, and valued individual. Here at (setting name), we see them as so much more than a list of symptoms, “red flags” or milestones.

Let me share just a few things I've noticed and appreciated about your child:

Insert reflections about the child's interests, strengths, and personality. For example, their play patterns, passions, creativity, kindness, sensory preferences, curiosity, and ways of communicating.

continued...

We know that your child may experience or express things differently to other children but these are equally valid ways. Your child does not need to be fixed. Rather, diagnosis is about understanding, well-matched support and affirming their differences. Whether or not a diagnosis comes, what matters most is that we continue to create the right conditions for your child to thrive.

Please know that we are by your side and hope to be part of your network of trusted advocates. Over the coming months, we can continue to share observations, learn from each other, and adapt our environment and approaches to meet your child's needs in affirming ways.

If it would be helpful, I can also share some signposts or resources that might support you to feel informed and empowered as things unfold.

Based on the diagnostic pathway, provide signposts and possible scaffolded supports.

Lots of solidarity,
Key Person's name.

A Letter to a Parent **following** **Diagnosis...**

Dear (insert parent x caregivers name),

I hope you are well!

Thank you for sharing with me your child's recent diagnosis of (insert diagnosis). I hope that this process was affirming and supportive and that knowing your child's neurotype and disability becomes a further gateway for both you and your child to understand their **strengths, traits, differences** and **needs**.

The way in which children and adults are currently diagnosed can feel quite confusing. We spend so much time talking about the importance of recognising strengths but then a diagnosis can feel like a focus on your child's difficulties or perceived negative aspects. I want to assure you that while diagnosis is necessary, it does not necessarily tell your child's whole story. I am writing this letter because I want to make sure that you know that as a key person, and as your child's setting, we want to tell the other parts of their story alongside you.

I want to begin by talking a little about your child's strengths and what I appreciate about your child:

Insert examples of what you appreciate about the child, and their unique strengths.

continued...

We understand from your child's diagnosis that they may need support in particular areas, but we also know that the diagnosis includes the following traits. Your child might do things differently but these are equally valid and valued. I have noticed:



Reframe historically pathologised traits, for example, "your child's stims indicate joy, playfulness and communication"

This transition over the next few months will likely have highs and lows as we all adjust to understanding your child better, but I want to assure you that we are by your side, and we are keen to learn about what is best for your child, and for you. Below are a few ways that we can support, but please feel free to add your own suggestions.

Provide examples of support to scaffold strengths

Lots of solidarity,
Key Person's name.



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