



# Neuroaffirm Hub

EMPOWER. CONNECT. GROW.

A gentle guide for neurodivergent families  
Rooted in lived experience

**Y**OU **ARE**  
**HEARD** **VALUED** **SAFE** **SUPPORTED**  
**LEARNING** **STRENGTH** **VOICE**  
**BELONGING** **RESPECTED** **CONNECTED** **REGULATED** **GROWTH**!!

☀️ Presence over perfection!



# Welcome to the NeuroAffirm Hub

## Family

Wherever you are on your neurodivergent family journey, whether you are just beginning to notice differences, wondering if your child may have ADHD and/or autism, waiting for assessments, newly navigating a diagnosis, or further along in understanding your child's unique needs... You belong here.

There is no single starting point. No correct timeline. No perfect way to do this.

This workbook was created to meet you exactly where you are. It is designed to feel grounding and supportive, not overwhelming. You may feel curious, relieved, confused, emotional, hopeful, or all of these at once. That is normal.

At NeuroAffirm Hub, we believe neurodivergence is not something to fix. It is something to understand, support, and affirm.

You are not behind. Your child is not broken. And you are not alone.



# How to use this workbook

This workbook was created to support you, not overwhelm you.

You can read it slowly or skim it. Complete one page or none at all. Pause, skip, or return whenever you need.

There is no right way to use this workbook. It meets you where you are.

Some families use this workbook alone. Others return to it during moments of uncertainty.



# A Note From the Founder

Hello, and welcome.

My name is Sarah, and I'm the founder of NeuroAffirm Hub. Like many families, our journey into neurodivergence didn't begin with a clear starting point or a neat explanation. It began with questions, observations, overwhelm, and a deep desire to understand and support my children in a way that truly honoured who they are.



Along the way, I experienced the confusion of navigating systems, the emotional weight of uncertainty, and the relief that comes with language and understanding. Most importantly, the ongoing work of unlearning old narratives about behaviour, success, and parenting.

NeuroAffirm Hub was created from lived experience, care, and a belief that neurodivergent children do not need fixing. They need understanding, support, and environments that work with their nervous systems, not against them.

This toolkit is not here to tell you how to parent. It is here to walk alongside you, offering reassurance, perspective, and gentle guidance as you navigate your own family's journey.

Thank you for trusting this space.  
You are not alone.

— Sarah  
Founder, NeuroAffirm Hub



*Neuroaffirm Hub*  
EMPOWER. CONNECT. GROW.

# Wherever You Are Right Now

Families arrive here at many different points.

You might be just noticing differences, wondering about ADHD and/or autism, waiting for assessments, newly navigating a diagnosis, or further along and seeking reassurance.

All of these are valid starting points.

***There is no “right” place to be.  
Wherever you are is enough.***

Optional reflection:

(You can write, circle, or simply pause here)

- Noticing
- Questioning
- Waiting
- Adjusting
- Finding our way

Right now, I feel like our family is mostly in this space:

---

---

---

---



# You &/or Your Child Is More Than a Label

Your child is not defined by assessments, reports, or diagnoses. They are a whole person.



**There is so much more to your child than what is written on paper.**

Gentle reflection  
(Take what feels right. Leave what doesn't.)

Things my child enjoys:

e.g. building, drawing, music, movement, animals

---

---

---

---

Things that help my child feel calm or safe:

e.g. quiet time, routine, cuddles, space, sensory tools

---

---

---

---

Things that overwhelm my child:

e.g. noise, transitions, unpredictability, too many demands

---

---

---



**This understanding will grow over time.**



*Neuroaffirm Hub*  
EMPOWER. CONNECT. GROW.

# Our Family, Our Way

There is no one way to raise a neurodivergent child.  
This page is about what matters to your family.



What matters most in our family  
e.g. connection, calm, flexibility, feeling understood

---

---

---

---

What helps my child feel safe  
e.g. routine, quiet time, movement, one-on-one time

---

---

---

---

What we want more of  
e.g. patience, joy, confidence, ease

---

---

---

---

One thing we're focusing on right now

---

---



**You can come back to this page anytime.  
It will grow with your family.**



# Regulation Comes First

Before learning, behaviour, or expectations can be met, a child needs to feel safe and regulated.

Many neurodivergent children rely on co-regulation: an adult offering calm, presence, and understanding.

This is not a step backwards.



It is part of development.

Optional reflection:

What helps my child feel calm or safe?

---

---

---

---



# Supporting Yourself

Parenting a neurodivergent child takes emotional energy, patience, and advocacy.

Your wellbeing matters.

Many parents discover their own neurodivergence along the way. This can be validating and complex.

Optional reflection:

One thing I need more of right now is:

---

---

---

---



# A Gentle Reminder

You are not behind.

Your child is not broken.

And you are not alone.



**This is the beginning — not the whole journey.**



*Neuroaffirm Hub*  
EMPOWER. CONNECT. GROW.

# Stay Connected

If this resonated with you, you are always welcome here.



@neuroaffirm.hub

**This is just the beginning.  
You are not alone.**



*Neuroaffirm Hub*  
EMPOWER. CONNECT. GROW.