



Seven Things That Neurodivergent Families Can Focus on for Family and Career Balance

1. Keep a Monthly Master Schedule

Maintain a single monthly calendar that lists all your personal, family, and work appointments. This gives you a clear picture of responsibilities and prevents overlapping commitments.

2. Use a Visual Weekly Schedule for Your Child

Create a visual or pictorial schedule for your child so they know what to expect each day. It reduces anxiety, builds structure, and helps them transition between activities more smoothly. Use social stories where needed.

3. Establish Strong Communication Systems and Collaborate Positively

Work constructively with teachers, therapists, managers, and family. Stay positive, but don't be afraid to advocate firmly when something isn't working. Firmness and grace can coexist. Clear communication reduces misunderstandings and burnout — both at work and at home.

4. Create a Family and Career Vision

Have a clear picture of what you want for both your family and your professional path. This vision acts as your compass when deciding where to focus your time and energy.

5. Carve Out Personal Growth Time and Downtime

Life moves in busy seasons — but don't disappear into them. Protect small windows for growth, reflection, and learning.

6. Maintain Health and Downtime as a Non-Negotiable

Your energy is your foundation. Prioritize exercise, nutrition, sleep, and rest. Quiet walks, meditation, yoga, and deep breathing can help calm an overactive mind and improve focus. Step away from constant activity — ten minutes of quiet, meaningful rest can be better than an hour of passive scrolling. Short breaks matter if they're intentional and restorative.

7. Set Realistic Goals — and Get Support When Needed

Define short- and long-term goals for yourself and family and move toward them step by step. If progress stalls, consider working with a coach or mentor to regain direction and structure.



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