



## Key Take-Aways

Am I Neurodivergent Like My Child?

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Summary: Looking to the DIR Model helps guide our game plan to look beyond a diagnosis by identifying the developmental struggles that need support, why they exist, and building trust and a sense of safety

- Neurodiversity is determined by culture and what we consider typical can be determined by our extended family culture
- Our children inherit our nervous systems which can manifest into different diagnoses or lack thereof, while some diagnoses can be a shadow of a different underlying challenge
- Different situations, people we interact with, stages, or events can highlight struggles we have that weren't previously noticed
- When regulation difficulties in one of the big three areas of behaviour, attention, or mood can be stabilized, it can shed light on the real root of the regulation challenge
- Self-acceptance and validating who we are will help us move forward and in turn learn about and support our children

Link to this blog: <https://affectautism.com/2021/07/03/neurodivergent>