

Potential Triggers

For the Parent of a Neurodivergent Child

ACCIDENTS	EXPECTATIONS	MEALTIMES
AGGRESSION	FATIGUE	NIGHTMARES
ANGER	FEELING CONTROLLED	OPPOSING BELIEFS
ARGUING	FINANCIAL STRAIN	OVERWHELM
BEDTIME	HELPLESSNESS	PAIN
BEHAVIORS	HOLIDAYS	PEER INTERACTIONS
BEING IGNORED	HOMEWORK	PRESSURE
BIRTHDAYS	HOSPITALS	REJECTION
BULLYING	ILLNESS	RIGIDITY
BURNOUT	INJURY	SCHEDULE MANAGEMENT
CHILDCARE	ISOLATION	SCHOOL MEETINGS
COMMUNICATION	JUDGEMENT	SHAME
COMPARISON	LACK OF BELONGING	SOCIAL SITUATIONS
CONFLICT	LACK OF HELP	STIMMING
CRITICISM	LACK OF SLEEP	THERAPIES
DATES	LARGE GROUPS	TOILET TRAINING
DENTISTS	LIMITED RESOURCES	TONE OF VOICE
DIAGNOSES	LONELINESS	TOUCH
DIETARY NEEDS	LOUD NOISE	UNAVAILABILITY
DISCRIMINATION	MAKING MISTAKES	UNFAIRNESS
DISRESPECT	MARRIAGE	UNKNOWN
DOCTORS	MEDICAL	VACATIONS
EXCLUSION	MEDICATION	VISUAL CLUTTER

**THIS IS NOT A COMPLETE LIST BUT RATHER
INTENDED TO BE A HELPFUL RESOURCE**