



Your Guide to Supporting Your Child After Diagnosis

Practical steps to help your child

Receiving an autism or ADHD diagnosis is the start of a new chapter - not the end of a journey. It can bring relief, understanding, and sometimes uncertainty about what to do next.

At Roundway Centre, we believe the real work begins *after* diagnosis. This is where understanding, support, and positive guidance help your child thrive.

This guide will help you:

1. Understand your child's needs and strengths
2. Communicate effectively with schools and professionals
3. Build confidence and emotional well-being at home

Understanding Your Child's Needs

Every neurodivergent child is unique, and their diagnosis helps you see the world through their lens.

- **Focus on strengths:** Notice what your child enjoys and where they shine. This builds self-esteem and helps shape learning approaches.
- **Recognise challenges:** Understand triggers or stress points so you can plan ahead and reduce overwhelm.
- **Create consistency:** Routines and predictability help children feel secure and in control.

Remember: understanding leads to empowerment for both your child and your family.

Working With Schools and Professionals

After diagnosis, support often involves your child's school and other professionals. You don't have to navigate this alone.

- **Share the diagnosis:** Meet with the school SENCo or teachers to discuss your child's profile and needs.
- **Ask questions:** Don't hesitate to request information about the available support strategies.
- **Collaborate:** Keep communication open with professionals and celebrate progress together

Roundway Centre can also help you understand your child's educational rights and how to request the right provision.

Building Confidence at Home

Confidence grows from small successes and feeling understood. Try:

- **Positive praise:** Highlight effort, not just outcomes.
- **Encourage independence:** Offer choices and celebrate decision-making.
- **Model self-regulation:** Show calm responses during challenges. Children learn by watching you.

Above all, remind your child that being neurodivergent is not a limitation; it's a different way of seeing the world.

Roundway Centre Support

We don't just assess, we walk with you through every step after diagnosis.

Our multidisciplinary team can provide:

- Tailored therapy and intervention plans
- Parental guidance and workshops
- Educational and legal advice through our specialist team

You're not alone; we're here to help your child flourish.

Ready to Take the Next Step?

📞 Visit roundwaycentre.org.uk

✉️ Contact our team for support and post-diagnosis guidance.

💙 Roundway Centre - supporting families, every step of the way.



**Roundway
Centre**

Neurodivergent Education &
Communication Experts