

# Oaklands Junior School

Headteacher - Mrs H West

Butler Road, Crowthorne, Berkshire RG45 6QZ

Telephone: 01344-773496

admin@oaklands-jun.wokingham.sch.uk

www.oaklandsjunior-school.org.uk



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Dear Parents /Carers,

Last week was [Neurodiversity Celebration Week](#), with over twenty free webinars covering a wide range of topics relevant to parents, schools and employers. All the presenters speak from lived experience and describe themselves as neurodivergent, many having neurodiverse families.

Here are just a few ideas and resources which might spark your interest:

- Find your tribe: Parenting in a neurodiverse family can sometimes feel lonely. Finding other parents who 'get it' can provide invaluable peer support, practical ideas and learning from others' experience.
- Acceptance brings joy: Allow yourself time to breathe and grieve after a diagnosis, which can feel both empowering and scary. Give yourself permission to parent differently, to meet your family's needs and not others' expectations. Learn from your child and allow yourself to make mistakes.
- Adopt a needs-based approach, monitoring and adapting social, emotional and educational approaches to keep your child within their 'window of tolerance'. Some parents found [Professor Amanda Kirby's Neurodiversity Children's Profiler](#) helpful to identify strengths and challenges and provide evidence to support conversations with professionals.
- Practise co-regulation: Your child learns to feel calm in the presence of a trusted adult before they learn how to calm themselves. [Dr Pooky Knightsmith](#) offers *6 Steps to Effective Co-Regulation* on [YouTube](#) and as a [podcast](#), as well as a wealth of other [relevant resources](#).

It's not too late to catch up! All the presentations are [still available to watch](#), alongside their extensive [resource library](#), and the [Mental Health and Wellbeing](#) page on our school's website offers links to local and national support.

I hope you find something of interest and value.

Kind regards,

Louise Mullier  
Educational Psychotherapist



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Grant Road, Crowthorne, Berkshire, RG45 7HZ

