

CELEBRATING NEURODIVERSITY WEEK!!

16 - 20 MARCH 2026

15-20% OF THE POPULATION HAS A
NEUROLOGICAL DIFFERENCE.

SO WHAT IS IT?

Neurodiversity is an umbrella term used to describe differences in the ways our brains work and how we experience the world around us. This includes neurotypical brains and neurodivergent brains. They are brains that work differently from the “typical” majority and include: ADHD, autism, dyslexia and many more. Every brain is unique and that is something to celebrate!

Many challenges neurodivergent people face are more to do with the environment and systems they are placed in. We should aim to create inclusive environments that work for everyone, regardless of how your brain works. We want to recognise the many skills and talents of neurodivergent individuals, and we want to celebrate differences and empower everyone! It is not a deficit, or disorder, it is simply an individual's brain working a little differently.

Parenting neurodivergent kids can be challenging, but you are not alone. If you're looking for support you can join a Facebook group with several other MPS parents, “Nurturing Diversity”.

if you want to find out more, some great resources are:

www.neurowild.com.au

www.yellowladybugs.com.au

HOW TO TALK TO KIDS ABOUT NEURODIVERSITY

KIDS WILL NATURALLY BE CURIOUS AS TO
WHAT NEURODIVERSITY MEANS.

**SOME IDEAS OF THINGS YOU CAN SAY TO
EXPLAIN:**

Being neurodivergent means their brain works a bit differently. Everyone is different, some people have blue eyes, some people have brown. This is just another way people can be different from each other.

People are all good at different things. and sometimes people need more help with things. At school it's always a good thing to help our friends and classmates be as comfortable as possible so we can do our best learning.