



The Truth About ND Strengths

1. The nuance:

- Neurodivergence is neither a deficit nor a superpower. It's just information about how our brain works.
- There are certain traits associated with neurodivergence (see below) and these can be a strength in some environments and a challenge in others.
- Understanding both sides helps children develop a confident, realistic view of themselves.

2. The research tells us:

Research suggests many neurodivergent people have strengths in one or more of these areas. Which sound most like your child?

Thinking differently

- Coming up with lots of ideas.
- Finding unusual or creative solutions.
- Enjoying working out how things fit together.

Seeing differently

- Spotting patterns others miss.
- Seeing the bigger picture.
- Noticing small details that others overlook.

Learning differently

- Becoming deeply interested in favourite topics.
- Asking lots of questions and wanting to understand.
- Learning best through doing, exploring and experiencing.

Connecting differently

- Being honest and authentic.
- Caring deeply about people, animals or causes.
- Bringing enthusiasm and passion to the things that matter.

3. Protect and nurture those strengths

- ✓ Remember that school rewards some ways of thinking more than others—but that doesn't determine your child's potential.
- ✓ Help your child recognise and name their strengths.
- ✓ Create opportunities for those strengths to flourish beyond the classroom.
- ✓ Teach both truths: learn how to succeed within the current education system but don't let the education system define who you are - it's a narrow definition of success.

Remember: The World Economic Forum tells us these sorts of strengths are what we need to be successful in the modern world. Your child's greatest strengths may emerge when they are understood, accepted and given the right environment to thrive.