

UNBROKEN WITH YAY

PODCAST EPISODE 10: THE ND PARENTING MINEFIELD

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WORKSHEET 10: THE NEURODIVERGENT PARENT CROSSFIRE

Disclaimer: The information provided in this worksheet and the associated podcast is of a general nature only. It has been prepared without taking into account your individual objectives, legal circumstances, or personal needs. While this content is based on extensive learned experience and peer-informed strategy, it does not constitute professional advice. You should consider the appropriateness of this information and seek independent professional advice tailored to your specific situation before taking any action.





YOU AREN'T RAISING A
'DIFFICULT' CHILD; YOU
ARE RAISING A FUTURE
LEADER WITH A BRAIN
THAT MOVES FASTER
THAN THE WORLD IS
READY FOR.

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BATTERY

vs.

DEMAND AUDIT

Neurodivergent brains often run on a smaller "social/sensory battery." Use this to visualize why the 4:00 PM meltdown is actually a hardware failure, not a behavior problem.

THE DRAIN (LIST TODAY'S DEMANDS ON YOUR CHILD):

Example: Scratchy uniform, loud lunchroom, timed math test, 6 hours of sitting still.

THE CHARGE (WHAT ACTUALLY REFILLS THEIR BATTERY?):

Example: 30 mins of quiet iPad time, spinning, heavy blankets, talking about their 'special interest'.

THE REALITY CHECK:

Does the Drain outpace the Charge today? If yes, what is one demand you can "drop the rope" on to save their remaining 2% battery? (e.g., skip the bath, eat dinner on the couch).



SILENCING THE EXTERNAL NOISE

We are often judged by people who "visit" but don't "live" in our house.
Let's separate their opinions from your reality.

<u>The "Noise" I'm Hearing</u>	<u>Who Said It?</u>	<u>Does this person live in my house at 6:00 PM?</u>	<u>Is this advice helpful or just judgmental?</u>
Example: "He just needs more discipline."	Aunt June	No	Judgmental. Discard.

THE SUPERPOWER

Reframe

What the school calls a "problem," the workforce calls a "promotion." Reframe your child's hardest traits today.

- **The Trait:** Obsessive / Hyper-focused
 - The Future Superpower: Elite focus, Subject Matter Expert, High-level Researcher.
- **The Trait:** Questions everything / Won't follow "illogical" rules
 - The Future Superpower: CEO, Disrupter, Entrepreneur, Critical Thinker.
- **The Trait:** High Energy / Can't sit still
 - The Future Superpower: Dynamic Performer, High-output Producer, Elite Athlete.

My child's specific "spicy" trait:

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The superpower it becomes as an adult:

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THE AUSSIE SYSTEM SANITY SAVER



THE "DIAGNOSIS LOTTERY" IS REAL. IF YOU ARE STUCK IN THE GAP BETWEEN NDIS AND OUT-OF-POCKET COSTS, USE THIS SPACE TO VENT AND REFOCUS.

The Financial Stressor:

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One Small Win this week (e.g., a teacher listened, an appointment went well, a calm moment):

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THE PARENT'S *Mantra*

(Cut this out and stick it on your fridge or car dashboard)

"I AM THE WORLD'S LEADING
EXPERT ON MY CHILD. I WILL
NOT PARENT FOR THE
COMFORT OF THE
NEIGHBORS. I AM BUILDING
A SHIELD, NOT A SOLDIER. I
AM DOING A GREAT JOB."