

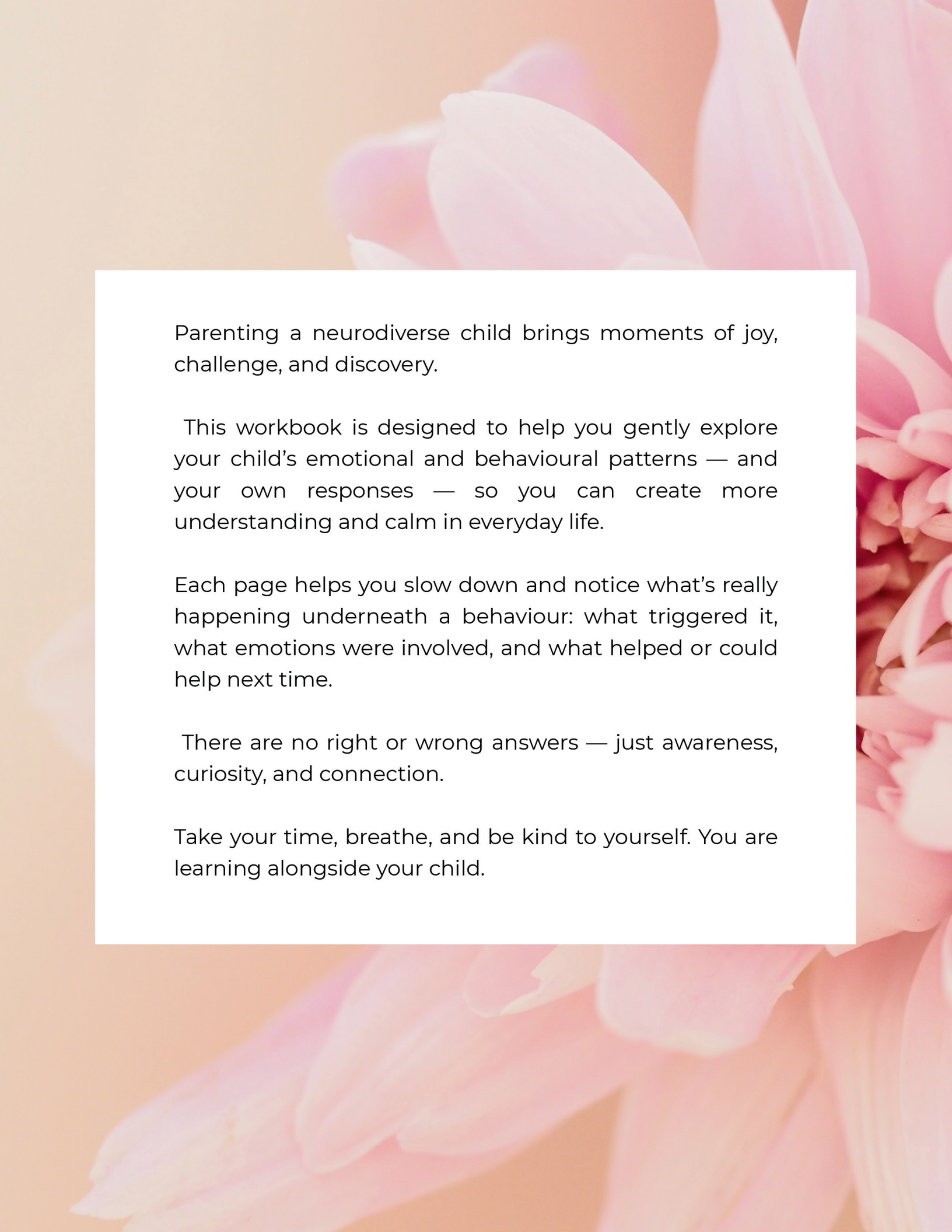
The background of the entire page is a soft-focus image of pink flowers, likely peonies, with delicate petals in various shades of pink and light orange.

WORKBOOK

Neurodiverse Parenting Reflection

Understanding patterns with compassion, not pressure..

www.parentsofneurodiversekids.com

A soft-focus background of pink flowers, likely tulips, with petals in various shades of pink and light orange. The flowers are out of focus, creating a dreamy, gentle atmosphere.

Parenting a neurodiverse child brings moments of joy, challenge, and discovery.

This workbook is designed to help you gently explore your child's emotional and behavioural patterns — and your own responses — so you can create more understanding and calm in everyday life.

Each page helps you slow down and notice what's really happening underneath a behaviour: what triggered it, what emotions were involved, and what helped or could help next time.

There are no right or wrong answers — just awareness, curiosity, and connection.

Take your time, breathe, and be kind to yourself. You are learning alongside your child.

Before You Begin – Self-Check

There's no right or wrong way to feel — this page simply helps you arrive in the moment with awareness and kindness.

☐ Calm
 ☐ Tired
 ☐ Overwhelmed
 ☐ Frustrated

☐ Hopeful
 ☐ Curious
 ☐ Grateful
 ☐ Other: _____

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Before You Begin – Self-Check

Parenting is emotional work. Before reflecting on your child's behaviour, take a quiet moment to notice your own state of mind.

There's no right or wrong way to feel — this page simply helps you arrive in the moment with awareness and kindness.

What do I need before I begin?

- ☐ A deep breath ☐ A short break ☐ A drink of water or tea ☐ Quiet space
☐ Gentle background music ☐ Something else:

NOTES

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□ Take one slow breath, exhale tension, and remember: this reflection is not about blame — it's about understanding and growth.

Problem Behavior

"What happened?" — Describe the moment or situation that felt challenging.

Where and when did it happen?

Who was involved?

Triggering Event

“What might have set this off?” — A sound, change, demand, or emotion?

Was there a situation, conversation, or thought that set it off?

Vulnerability Factors

Tiredness, transitions, hunger, overwhelm, sensory overload, etc.

☐ Lack of sleep ☐ Stress ☐ Substance use
☐ Hunger ☐ Physical illness/pain ☐ Other: _____

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Links in the Chain

“What happened step by step?” —

What you noticed before, during, and after the behaviour.

CHAIN

↓

THOUGHTS
FEELINGS
URGES
BODY SENSATIONS
SMALL ACTIONS

↓

Consequences

“What happened next?” —

How did your child feel? How did you feel? What did you both need?

Immediate result of the behavior

Longer-term result of the behavior

Impact on myself

Impact on other

Alternative Skills/Responses

“Next time, what could help?” —

New strategies, calming ideas, or supportive words.

Which DBT skills or coping strategies could I use next time?

Repair & Next Steps

“How can we reconnect or make things better?” —

Simple repair ideas or affirmations.

What action will I take now?

Moments of Connection

Parenting isn't only about challenges — it's also filled with small, beautiful moments of connection that can easily go unnoticed. Use this page to notice and celebrate those times when you and your child felt close, calm, or joyful together. These are the moments that strengthen trust and love.

What was one moment this week when we felt connected?

What helped that moment happen?

How did it make me feel?

Reflection

“What did I learn from this?” —

Noticing growth, small changes, or deeper understanding.

One thing I will practice next time

A Gentle Reminder

Parenting a neurodiverse child is a journey of learning, love, and patience — for both of you.

Every time you pause to reflect, you strengthen your connection and create space for calm understanding.

You are doing your best, and that is enough.

Progress may be slow, but awareness brings growth — one mindful moment at a time.

✨ Take a deep breath, release any self-judgment, and remember: you are the safe place your child returns to, again and again.

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