

# Neurodiversity Parent 101:

## Why is my child different at home and at school?

### What is different about home and school?

#### At school

- Your child has to manage far more interactions with other children and teachers.
- They have to cope with more change. Changing lessons, different expectations from different teachers, changing the room they are in, changing clothes for example. All these changes can be stressful especially if some of the tasks your child is doing are harder for them.
- Your child has to make more effort to stay focused and concentrate and there are more distractions that make that harder for them.



#### At home

- Your child can often choose what they do, when and where they do it.
- You will compensate for their behaviour in a way a school doesn't have time and may not understand your child in the way you do.
- If your child is tired you will usually be more patient – teachers and children may not be as patient.
- Your child may have managed to 'hold it together' while they are in school because they don't want to lose friends and then 'let it all go' when they get home because they know it's a safe space to do so.
- Providing 'down time' with your child at the end of a long and tiring day may help or encouraging them to take some exercise.

