



Parent/carer advice to other parent/carer's of children

Have a good understanding of why the needs led approach is designed to help not hinder your journey to an assessment.

Keep a behaviour diary of behaviours that happen at home and strategies that help. This helps with pattern spotting.

Reach out to other parents and groups to help build your tribe of support for you and your children. You are not alone.

Register to BaNES parent/carer forum and attend their coffee mornings.

Feeling supported and productive.

Keep a record of your child's voice.

PDA Dad - Youtuber. Is a really useful tool for partners and family members to help with their understanding.

Celebrating your child's strengths with them and others.

Keep an open mind to everything. Don't be scared to explore a range of pathways.