

Neurodivergent Parenting Accommodation Planner

Build practical, individualised accommodations for your neurodivergent child across home, school, and community settings.

Name: _____ Date: _____ Clinician: _____

***Purpose:** Parenting a neurodivergent child requires intentional, individualised strategies. This planner helps you identify your child's specific needs and build practical accommodations for home, school, and community settings.*

CHILD PROFILE

Child's name and age:

Diagnoses or identified areas of neurodivergence:

My child's greatest strengths:

My child's biggest daily challenges:

ACCOMMODATION PLANNING BY DOMAIN

HOME — Daily routines & environment

Sensory accommodations at home:

Routine and predictability supports:

Communication adaptations:

Regulation supports (movement breaks, quiet space, tools):

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SCHOOL — Academic & social support

Accommodations to request in IEP/504:

Communication preferences with school:

Sensory/environmental modifications needed:

Social support strategies:

COMMUNITY — Outings & activities

Preparation strategies before outings:

In-the-moment supports:

Exit plans for overwhelm:

Activities that work well for my child:
