

# Parenting a Neurodivergent Child

## Grief & Acceptance

*Honest, compassionate space to process the grief, guilt, love, and acceptance in parenting a neurodivergent child.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

*A note for parents: Receiving a diagnosis for your child — or recognising they are neurodivergent — can bring a complex mix of relief, grief, guilt, love, and fear. All of it is valid. This worksheet provides space to process those feelings honestly, without judgment.*

### THE GRIEF

What I grieve or feared when I learned my child was neurodivergent:

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The version of parenthood I had imagined that feels different now:

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Worries I carry for my child's future:

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### THE GUILT

Guilt I have felt — about the diagnosis, my reactions, or my parenting:

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A compassionate response to offer myself about that guilt:

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### THE LOVE & ACCEPTANCE

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**What I love most about my child exactly as they are:**

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**Ways my child has expanded my understanding of the world:**

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**What "acceptance" truly means to me as their parent:**

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### MOVING FORWARD

**The parent my child most needs me to be:**

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**Support I need to be that parent:**

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**A message I want my child to carry always:**

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