

Supporting Neurodiversity: Top Tips

- **Ten Second Rule:** After asking a question or giving an instruction, wait 10 seconds to give the child time to process and respond.
- **Use Essential Language:** Keep instructions brief and clear. Use simple, specific language, like "jump your pony over the red and white poles."
- **Incorporate Visual Aids:** Use visual aids to support understanding, such as pointing to the grooming kit instead of just naming it.
- **Establish a Clear Routine:** Provide clear, predictable information about the lesson or event. Share a timetable or plan in advance and try to follow it to help the child feel safe and comfortable.
- **Implement a Buddy System:** Some neurodiverse children can struggle to engage with others. Pair the child with a buddy to encourage social interaction and help them feel more included.
- **Communicate with Parents/Guardians:** Consult with parents before the event for advice on supporting the child and ensuring a safe, enjoyable experience.