Dear (insert parent x caregivers name),

I hope you are well!  
Thank you for sharing with me your child’s recent diagnosis of (insert diagnosis). I hope that this process was affirming and supportive and that knowing your child’s neurotype and disability becomes a further gateway for both you and your child to understand their **strengths**, **traits**, **differences** and **needs**.

The way in which children and adults are currently diagnosed can feel quite confusing. We spend so much time talking about the importance of recognising strengths but then a diagnosis can feel like a focus on your child’s difficulties or perceived negative aspects. I want to assure you that while diagnosis is necessary, it does not necessarily tell your child’s whole story. I am writing this letter because I want to make sure that you know that as a key person, and as your child’s setting, we want to tell the other parts of their story alongside you.

I want to begin by talking a little about your child’s strengths and what I appreciate about your child:

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| --- |
| *Strengths that are meaningful to your child* |

We understand from your child’s diagnosis that they may need support in particular areas, but we also know that the diagnosis includes the following traits. Your child might do things differently but these are equally valid and valued. I have noticed:

|  |
| --- |
| *Here reframe differences that have been historically pathologised* |

This transition  over the next few months will likely have highs and lows as we all adjust to understanding your child better, but I want to assure you that we are by your side, and we are keen to learn about what is best for your child, and for you. Below are a few ways that we can support, but please feel free to add your own suggestions.

|  |
| --- |
| *examples of supports and signposts to useful information* |

Lots of solidarity,

Key Person’s name.

This letter template is taken from:

Murphy, K. (2025) Neurodiversity-Affirming Practices in Early Childhood: An Empowering Guide to Diverse Development and Play. 1st edn. London: Routledge. Available at: <https://doi.org/10.4324/9781003323211>