

## 2. Parenting support

Parenting support courses are available for all families with a child with development problems. The courses are provided online by 'Our Place' at <https://inourplace.co.uk/>, using the access code 'TAMAR'.

## 3. Contact your health visitor or school nurse about family support

TORBAY

<https://www.torbayandsouthdevon.nhs.uk/services/health-visiting-and-school-nursing/>

SOUTH DEVON

<https://childrenandfamilyhealthdevon.nhs.uk/>

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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## PATIENT INFORMATION

# Child Development

## 3 Steps to Support



Working with you, for you

Your child has been referred for a community paediatric appointment to assess for problems that can affect their **development** such as autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD).

**ASD** means that your child has more difficulty communicating and socializing than we would expect for a child their age, and may make repetitive movements when stressed. See <http://www.autism.org.uk/> for more information.

**ADHD** means that your child has more difficulty keeping still and concentrating than we would expect for a child their age, and may also be impulsive. See <https://www.adhdfoundation.org.uk> for more information.

**Once**, ASD and ADHD were only used to describe the most severely affected children, often in special schools. However, **now** these descriptions can be used for more children that are mildly affected. They are small pieces of a complicated jigsaw of needs.

**Benefits of medical assessment** include recognition of your child's difficulties and greater understanding of all the factors that affect them. Medication can help in ADHD.

**Risks of medical labels** include stigmatisation, they may not accurately describe your child's abilities, and they can lead to more important issues being overlooked.

We now recognise that whatever the label, some children require more parenting, educational and social support than others their age. You should access this support while you wait for an appointment:

### **1. Talk to your child's teacher, key worker or SENCo about school support**

Support in schools is now based on need, rather than on diagnosis. Therefore it is essential that you discuss your concerns about your child's difficulties with their key worker (for nursery) or SENCo (for schools), whether or not you pursue a medical label.

An Education, Health, and Care Plan (EHCP) may be appropriate.

### **Difficulties can be resolved by contacting**

Devon: **DIAS** – <https://devonias.org.uk/>

Torbay: **SENDIAS**- [sendiasstorbay.org.uk](https://sendiasstorbay.org.uk)