

Neurodiversity: Expert Advice for Parenting Your Un

author:



2026-08

Synopsis

Holly Moses and Kirk Martin discuss parenting strategies for neurodivergent children, emphasizing the importance of recognizing and accepting individuality. They highlight the need to challenge societal stigmas and foster self-acceptance and self-advocacy in children. They also discuss anxiety and emotional resilience, normalizing these emotions and providing supportive strategies. They emphasize the importance of accepting and celebrating children's unique learning styles and talents, and cultivating emotional health and success. Additionally, they share effective parenting techniques for times of emotional dysregulation. Throughout the conversation, Holly Moses and Kirk offer practical advice and their own stories to support parents in their journey.

Whether you are a parent, therapist or educator, you'll get so much value from this episode:)

• Holly- The Mom/Neurodivergent Therapist

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