

# You Are Not Too Much

## A Caregiver's Guide to 2SLGBTQ+ & Neurodivergent-Affirming Support



### Looking Inward

How do my experiences shape how I understand safety and belonging - for myself and my child?

01

1. What did I learn about disability growing up?
2. How do my beliefs about autism, ADHD and neurodivergence shape the way I understand my child?
3. What have people taught me about 2SLGBTQ+ folks with autism and/or ADHD?

"You are here to support—not to fix. Following their lead is an act of care."

You deserve a circle of support that keeps you grounded and informed. Support can be professional, relational, communal, or chosen—and it may shift over time.

02



03

### Support the shift

Nurturing your child's sense that who they are is never too much.

ADDRESS PARENTING MISCONCEPTIONS	SUPPORT THE SHIFT
no discipline = misbehaviour	presume competence & desire for positive engagement
Parents know best	Don't compare your children to other children or to yourself as a child.
Power and control solves problems	Recognize behaviour = communication

• More examples can be found in our *Resource Library* below.

04

### Rewriting the story

How to deepen communication with your child.

Behaviour

Yelling, Crying

What was happening for me?

Overwhelmed, people were misunderstanding me.

How others interpreted it

Trying to have power, get attention.

Societal, Sensory, Neurological

Long school day of stimulation and feeling ashamed. Expectation that I do chores when I'm overwhelmed, exhausted and upset. Didn't eat much.

What to do?

Changes in school day, quiet no stress time after school, pack some bars. Minimize school day chores.



### RESOURCE LIBRARY

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(Click on Images for additional resources)

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