

Understanding Neurodiversity

Free, clear, jargon-free resources from Dr Inyang Takon, Consultant Neurodevelopmental Paediatrician. Listen, watch, read — and support your child with confidence.



LEARN

Parents Academy

Articles, explainer videos, apps and toolkits.

www.braindiverse.org



LISTEN

Early Intervention Matters Podcast

Weekly conversations with clinicians, educators and families.

www.drtakon.com/podcast



WATCH

YouTube Channel

Short, practical videos — free to watch anytime.

[youtube.com/
@Earlyinterventionmatters](https://youtube.com/@Earlyinterventionmatters)



READ

Ask the Developmental Paediatrician

Regular Substack articles answering real questions from families.

neuropaeddoc.substack.com



START HERE

Waiting for an assessment? The **Waiting Well** hub at braindiverse.org has practical guidance for ADHD, autism, DCD, tics and FASD — support can begin today.

FOR

Parents

Carers

Teachers & SENCOs

Hospital & clinic teams

Professionals

TOPICS

ADHD

Autism

DCD / Dyspraxia

Tics & Tourette's

FASD

Dev. delay



Dr Inyang Takon MBBS · FRCPCH · FWACP · MSc Clinical Neuropsychiatry

Consultant Neurodevelopmental Paediatrician with 22+ years as an NHS consultant — turning complex neuroscience into guidance families, schools and clinicians can act on.

Please share with parent groups, schools, nurseries, hospital teams and community organisations. **Need to talk to someone now?** NAS Helpline 0808 800 4104 · YoungMinds Parents Helpline 0808 802 5544 · Local SEND advice: sendiass.org

ADD YOUR ORGANISATION'S DETAILS BEFORE PRINTING

Organisation: _____ Contact: _____

For information only — not a diagnosis or a substitute for clinical advice. In an emergency call 999; for urgent health advice call NHS 111.