



A collaboration between

Ramakrishna Mission Vidyamandira (Bose House Campus) & DeepRanjani Foundation



Understanding Neurodiversity: A Parent Perspective

A 6-Month Hybrid Certificate Course

Introduction

This is a 6-month hybrid certificate course developed through a collaboration between **Ramakrishna Mission Vidyamandira and DeepRanjani Foundation**.

Tailored for parents, the course offers essential knowledge and practical strategies to support children with neurodiversity.

Participants will explore core concepts like emotional and sensory regulation, communication and behavior tools, inclusive education, and family dynamics. Through interactive sessions, expert guidance, and a supportive community, parents will gain the confidence and skills to advocate for their child's needs both at home and in broader educational or social contexts, fostering a more inclusive and empowered family environment.

Basic Course:

01

Foundations of Neurodiversity

02

Communication & Behavior Tools

03

Emotional & Sensory Regulation

04

Inclusive Education & Advocacy

05

Family Identity & Culture

06

Practical Home Strategies

Month	Theme	Focus Areas	Hours (Approx)
Month 01	Foundations of Neurodiversity	Understanding neurodiversity, myths, brain-based learning	6 hrs
Month 02	Communication & Behavior	Emotional regulation, sensory processing, stress management	6 hrs
Month 03	Emotional & Sensory Needs	Understanding behavior, communication styles, supports	6 hrs
Month 04	Schooling & Social Systems	Inclusive education, advocacy, navigating systems	6 hrs
Month 05	Family, Culture, Identity	Cultural views, stigma, parent roles, acceptance	6 hrs
Month 05	Family, Culture, Identity	Cultural views, stigma, parent roles, acceptance	10 hrs

Month 1: Foundations of Neurodiversity

■ Teaching (6 hrs)

- What is neurodiversity? A strength-based lens
- Developmental profiles: Autism, ADHD, dyslexia, etc.
- Brain functioning and neurodivergent learning
- Self-awareness and parental mindset

■ Reading (1 hr)

- "Welcome to Holland" by Emily Perl Kingsley
- Short readings on neurodivergent strengths

■ Homework (1 hr)

- Write about your child's strengths and unique traits
- Reflective journaling: "My expectations vs. my child's reality"

Month 2: Communication & Behavior



■ Teaching (6 hrs)

- Communication beyond words: Nonverbal cues, AAC, visuals
- Understanding behavior as communication
- Meltdowns vs. tantrums
- Tools: social stories, visual schedules, emotion charts

■ Reading (1 hr)

- Short guides on behavior support
- Parent blogs/stories on communication

■ Homework (1 hr)

- Create a visual schedule or basic social story for home use
- Observe and record one behavior episode—what led to it?

Month 3: Emotional & Sensory Regulation

■ Teaching (6 hrs)

- Emotional development in neurodivergent children
- The sensory world: hypersensitivity, hyposensitivity
- Co-regulation and self-regulation strategies
- Calming tools and sensory breaks

■ Reading (1 hr)

- Simple sensory processing checklists
- Video: Temple Grandin on sensory needs

■ Homework (1 hr)

- Sensory profile mapping of your child
- Try one calming or sensory activity daily

Month 4: Schooling & Advocacy

■ Teaching (6 hrs)

- Understanding IEPs, accommodations, and learning styles
- Working with teachers and therapists
- School anxiety, bullying, and transitions
- Parent as advocate: Rights and responsibilities



Month 4: Schooling & Advocacy

■ Reading (1 hr)

- Sample IEP and parent's guide to special education
- Case studies of inclusion

■ Homework (1 hr)

- Write a letter to your child's teacher explaining strengths/needs
- Map your child's current support system

Month 5: Family, Culture & Identity

■ Teaching (6 hrs)

- Cultural attitudes toward disability and difference
- Stigma, silence, and systemic challenges
- Building a positive identity: narrative parenting
- Self-care and support for parents

■ Reading (1 hr)

- Stories from neurodivergent adults and their parents
- Article on cultural barriers in neurodiversity

■ Homework (1 hr)

- Write your "parenting narrative"
- Conversation with a family member about stigma

Month 6: Practical & Implementation (10 hrs)

■ Activities:

- Observe a parenting interaction (roleplay or real-life)
- Practice visual tools and calming strategies
- Develop a family regulation plan
- Present a case study or parenting journey
- Build a peer support circle or resource guide

Month 6: Practical & Implementation (10 hrs)



■ Activities:

- Observe a parenting interaction (roleplay or real-life)
- Practice visual tools and calming strategies
- Develop a family regulation plan
- Present a case study or parenting journey
- Build a peer support circle or resource guide

■ Facilitator Support:

- Feedback on implementation plan
- Peer group presentation or community sharing circle

Evaluation & Certification

- Participation in monthly activities
- Submission of 3 key assignments (sensory map, school letter, home plan)
- Final presentation of a home support or advocacy project

This course is designed to help parents, caregivers, and family members of neurodiverse children by providing them with practical tools, emotional insight, and a supportive learning environment.

It empowers participants to better understand their child's unique needs, improve communication, manage behaviors, and create a more inclusive home and educational experience.

By focusing on both knowledge and application, the course builds confidence in parenting, advocacy, and daily interaction. Whether you're newly navigating a diagnosis or seeking deeper understanding, this course offers guidance, community, and clarity, helping families support their child's growth with empathy, intention, and informed action.

Drop your queries at

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