



Neurodivergent & Nurturing



MOTHER & BABY CIRCLE

Programme Overview

Motherhood can feel overwhelming especially when your brain works differently and the focus is often on how your baby is developing. Join other neurodivergent mums diagnosed or self-identifying (ADHD, autism, dyslexia, dyspraxia) in a safe, sensory-friendly space where you can breathe, connect, and thrive.

Focus: ↘

Energy management, self-advocacy, boundaries, sensory regulation, and building sustainable support.

Who This Is For

Ideal for:

- Neurodivergent mothers (diagnosed or self-identifying)
- Late-diagnosed women navigating new understanding
- Those experiencing burnout, overwhelm, or executive function struggles
- Mothers seeking peer support in a sensory-friendly environment

Not suitable for:

- Those in crisis requiring immediate mental health intervention
- Those seeking medical or diagnostic services (this is coaching, not therapy)

6-Week Structure

Week 1

Understanding Your ND Brain

Self-awareness and energy patterns

Week 2

Executive Function & Overwhelm

Spoon Theory and managing cognitive load

Week 3

Sensory Processing

The 8 senses and creating sensory toolkits

Week 4

Self-Advocacy

"I need X because Y" scripts and overcoming RSD

Week 5

Boundaries & Guilt

Flexible boundaries and "good enough" parenting

Week 6

Building Your Village

Support mapping and emergency burnout plans

Delivery Details:

- ✦ **When:** 6 weekly sessions, 75-90 minutes each
- ✦ **Where:** Storkway Children Centre
- ✦ **Group Size:** Maximum 6 participants

Format:

Sensory-friendly with fidget tools, movement allowed, quiet corner, no forced participation

What Participants Gain



- ✦ Practical strategies for energy and sensory management
- ✦ Communication scripts for asking for help
- ✦ Peer connections and ongoing support
- ✦ Boundaries without guilt
- ✦ Emergency burnout plan
- ✦ Self-compassion practices

Why Refer?

- ✦ **Fills a gap:** Few services specifically for neurodivergent mothers
- ✦ **Evidence based:** Uses Spoon Theory, RSD framework, trauma-informed practice
- ✦ **Prevention:** Reduces escalation to crisis and builds sustainable coping
- ✦ **Peer support:** Reduces isolation through shared understanding

About the Facilitator

Merrigan is a neurodivergent coach and mother of two (toddler and 5-month-old) who specialises in supporting neurodivergent mothers. She uses Storkway Children Centre services herself.

Questions ?

Contact Merrigan to:

- Discuss programme suitability and accessibility for specific mothers
- Get more detailed information
- Coordinate with other support services

☎ 07766219620

✉ thrivecoachinglondon23@gmail.com

🌐 thrivecoachinglondon.com

