



## What is Foundations for Divergent Minds?

Foundations for Divergent Minds is a new training and educational model designed by autistic and neurodivergent people for use by parents and professionals working with autistic and neurodivergent children.

## How is FDM different?

Designed on Neurodiversity principles, FDM presumes that when our kids struggle, it is because their surroundings need to be adjusted and assessment should find what is missing from the environment.

### What are the Five Foundations?

#### Sensory Regulation

FDM uses each child's unique sensory needs to make environmental accommodations and teach children to advocate for their own needs.

#### Executive Function

FDM makes steps to increase accessibility in areas of life that are difficult due to complex or unclear systems and expectations.

#### Emotional Regulation

FDM works with children to discover what that child needs to support their own emotional well-being and work to create spaces equipped to support children in self-management and expression.

#### Communication

FDM honors all forms of communication and works to support children in their authentic communication through technology, ASL, picture systems, etc. and reduce emphasis on verbal communication.

#### Socialization

FDM promotes self-advocacy skills and accommodations in home and school to support reciprocal understanding between autistic and neurodivergent children and their peers.

