

Key words explained:

- **Develop:** Growing and changing over time
- **Diagnosis:** A formal way to describe the symptoms and differences you experience
- **Anxiety:** Feeling nervous or scared about something



Please use this space to note down any questions you may have, or information you would like to share with us.



Fife Neurodevelopmental Pathway for Children and Young People



Information for children and young people

This leaflet is a resource to help a trusted adult talk with a child or young person about the neurodevelopmental difficulties they may be experiencing

What does Neurodevelopment mean?



Everyone's brain develops differently. Some children and young people have differences that make it hard for them to complete daily activities. They may experience difficulties with:

- Remembering things
- Ignoring distractions
- Sharing feelings
- Making friends
- Dealing with change
- Staying organised
- Understanding the world around them

How do I get support?

If you are experiencing any of these difficulties, or have any concerns or worries, you can get support by speaking with an adult at home or a teacher at school. Scan the following QR codes or click the links to learn more about support available:



Our Minds Matter: Mental Health Information for Young People in Fife: Guidance on how to support your emotional wellbeing



SHINE Support Group: A course aimed at young people aged 12-17 experiencing anxiety which shares helpful coping strategies



NHS Fife Neurodevelopmental Support Phonenumber:

Phonenumber for young people, parents or professionals to find out more about support available and discuss any concerns



Tuesdays - 10am to 12noon

Wednesdays - 2pm to 4pm

Call 01592 226699

If you are experiencing some of these difficulties, this may mean that you have a condition that affects your brain, called a neurodevelopmental condition.

You do not need to have a diagnosis of a neurodevelopmental condition to receive support.

In order for us to decide what support may be beneficial to you, we need to learn more about:

- Your likes and dislikes
- How you behaved when you were a younger child
- How you communicate with others
- How you learn in school
- How you like to spend your time
- How you make friends



We find this out through talking to your parents or carers, speaking to your teachers, and speaking with you.

Once we have gathered this information, we will be able to understand what support may be beneficial to you. This process is called the Fife Neurodevelopmental Pathway. There is a team of people who are responsible for making sure that children and young people who experience these difficulties get the right support they need, even if they don't have a diagnosis.

Some young people may find it helpful to find out if they have a neurodevelopmental condition. Finding out if you have a neurodevelopmental condition may help you understand more about yourself and help others understand more about you.



The neurodevelopmental conditions we can provide a diagnosis for are:

- Autism
- Attention Deficit Hyperactivity Disorder (ADHD)
- Learning Disability