

THE THICK NO MORE PARENT HANDBOOK

Your Child Isn't Broken

A practical guide for parents of children with dyslexia, ADHD, autism and other neurodivergent learning differences

Jay Giddens

Host of the Thick No More Podcast

Every child deserves to be understood before they are judged.

The Thick No More Parent Handbook

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Dear Parent

Take a deep breath.

Whatever brought you here, I want you to know something before you read another word.

You have not failed.

And neither has your child.

Perhaps you have just received a diagnosis.

Perhaps a teacher has raised concerns.

Perhaps your son or daughter comes home every day exhausted, frustrated or convinced they are stupid.

Maybe you are lying awake wondering what happens next.

I know that feeling.

Not because I studied it in a textbook.

Because I lived it.

"Because understanding changes everything."

I spent years believing I was not intelligent.

I believed the labels.

I believed the comments.

I believed the adults.

They were wrong.

Today I speak to experts, psychologists, teachers, researchers and families through the Thick No More Podcast.

One message comes up time and time again.

Children thrive when they are understood.

That is what this handbook is about.

Not perfection.

Not miracle cures.

Not impossible promises.

Just understanding.

Because understanding changes everything.

Jay Giddens

Jay Giddens
Founder
Thick No More

My Story

"Children do not lose confidence overnight. It disappears quietly."

When I was young, one word followed me everywhere.

Thick.

It was not written on my school reports.

It was not a medical diagnosis.

It was not even true.

But once you hear something often enough as a child, it becomes part of who you think you are.

Reading was difficult.

Writing was exhausting.

Spelling felt impossible.

While other children finished quickly, I was still trying to work out the question.

Eventually I stopped putting my hand up.

Not because I did not know the answer.

Because I was frightened of getting it wrong.

Children do not lose confidence overnight.

It disappears quietly.

One classroom.

One lesson.

One comment at a time.

Many years later I discovered I was dyslexic.

Suddenly everything made sense.

The problem had never been my intelligence.

The problem was that everyone expected my brain to work like everyone else's.

It does not.

Neither does your child's.

And that is okay.



They Called Me Thick

I believed them.

For years, I believed I was not intelligent.

I believed the labels. The comments. The adults.

They were wrong.

I was not thick. I was dyslexic.

And nobody thought to check.



Your Child Is Not Broken.

They never were.



Understanding Neurodiversity

Different is not less.
Different is simply different.

"Labels should be the beginning of understanding, never the end of it."

Understanding Neurodiversity



Imagine asking every child to climb the same tree.

Some would reach the top in minutes.

Others would struggle.

A few would never make it.

Does that mean the children who could not climb are not clever?

Of course not.

You simply measured everybody using the same challenge.

Schools sometimes do exactly that.

Neurodiversity is the understanding that brains develop and process information differently.

There is not one correct brain.

There are many.

Dyslexia.

ADHD.

Autism.

Dyspraxia.

Dyscalculia.

Tourette syndrome.

These are not signs that something has gone wrong.

They are different ways of experiencing the world.

Every neurodivergent child is unique.

Two children with the same diagnosis may have completely different strengths and challenges.

That is why labels should be the beginning of understanding.

Never the end of it.

Myth or Reality?

Myth
Dyslexia means low intelligence.

Reality
Dyslexia has nothing to do with intelligence.

Many dyslexic people become entrepreneurs, doctors, engineers, designers, pilots, teachers and business leaders.

Myth
ADHD means a child cannot concentrate.

Reality
Many children with ADHD concentrate brilliantly when they are interested in something meaningful.

The challenge is not always attention.

It is regulating attention.

Myth
Autistic children do not like people.

Reality
Many autistic people deeply want connection.

They may simply experience and express it differently.

Myth
A diagnosis limits your child's future.

Reality
Understanding your child's needs opens doors that uncertainty keeps closed.



Building Confidence

Confidence is not the absence of struggle.
It is the belief that struggle is worth it.

"Confidence is built through hundreds of tiny moments."

Confidence Before Grades



Parents often ask me:

"What can I do to help my child succeed?"

My answer surprises them.

Protect their confidence.

Grades matter.

Exams matter.

Qualifications matter.

But confidence determines whether children keep trying when life becomes difficult.

Children who believe they are capable take risks.

They ask questions.

They recover from setbacks.

Children who believe they are failures often stop trying long before they reach their potential.

Every encouraging conversation matters.

Every celebration matters.

Every small success matters.

Confidence is not built through one big achievement.

It is built through hundreds of tiny moments.



Confidence Changes Everything.

Protect it fiercely.

Five Things Your Child Needs to Hear

"I believe in you."

"I know you are trying."

"It is okay to learn differently."

"We will work through this together."

"You never have to earn my love."

Those five sentences may become more important than anything written on a school report.

Jay's Tip

Praise effort.

Celebrate persistence.

Notice courage.

Children remember how adults made them feel long after they forget test scores.

"When you truly see
your child,

when you stop comparing
and start celebrating,

that is when healing begins."

Carrie Grant

Vocal Coach, Broadcaster & SEND Advocate

Walking Into School Meetings With Confidence

School meetings can feel intimidating.

You are surrounded by professionals.

Reports.

Data.

Targets.

Educational language.

Remember something.

Nobody knows your child better than you do.

Go in prepared.

Take notes.

Ask questions.

If something is not clear, ask for it to be explained.

If somebody says your child is below expected, ask what support is being provided.

If adjustments are suggested, ask when they will begin.

If promises are made, ask for them in writing.

Good schools welcome partnership.

You are not being difficult.

You are being an advocate.

Questions Worth Asking

What barriers are you seeing?

What strengths have you noticed?

What adjustments are currently in place?

How will progress be measured?

When will we review this together?



Working With Schools

Partnership begins with understanding.
Advocacy begins with confidence.



"Your child does not need to become somebody else."

There Is Hope

If today feels overwhelming, I understand.

I have spoken to parents who have cried after school meetings.

I have interviewed adults who believed they would never succeed.

I have met children who hated school but grew into remarkable adults.

The story is rarely finished when it feels hardest.

Progress is not always quick.

It is not always obvious.

But it is possible.

Your child does not need to become somebody else.

They need the freedom to become who they already are.

Hold onto that.

One day, they may look back and realise that the person who changed everything was not a teacher, therapist or psychologist.

It was the parent who refused to stop believing in them.



Understanding Dyslexia

The words were always there.
They just needed a different path out.

"Never confuse effort with results."

Understanding Dyslexia

One of the biggest myths about dyslexia is that it is simply about reading backwards.

It is not.

Dyslexia affects the way the brain processes language.

For some children, reading is slow.

For others, spelling feels impossible.

Some struggle to remember instructions.

Others know exactly what they want to say but cannot get the words onto paper.

Many become experts at hiding their difficulties.

They smile.

They laugh.

They copy their friends.

They avoid reading aloud.

They tell everyone they forgot their homework.

What adults often see as poor effort is frequently a child working twice as hard just to keep up.

That is exhausting.

It is also invisible.

The important thing to remember is this.

Dyslexia affects how a child learns.

It does not define how intelligent they are.

Signs You Might Notice

✓ Reading more slowly than classmates
✓ Difficulty remembering spellings
✓ Losing their place while reading
✓ Avoiding books
✓ Mixing up similar words
✓ Brilliant verbal ideas but difficulty writing them down
✓ Becoming tired after school

Jay's Thought

Never confuse effort with results.

Many dyslexic children are working harder than anyone else in the classroom.



Understanding ADHD

Energy is not the enemy.
It just needs the right direction.

Understanding ADHD



Imagine sitting in a room where every sound feels equally important.

The ticking clock.

Someone coughing.

The fluorescent lights.

A bird outside.

The teacher speaking.

Your own thoughts.

That can be what life feels like for some children with ADHD.

ADHD is not simply being naughty.

It is not caused by bad parenting.

It is not a lack of discipline.

Children with ADHD often want to succeed.

They may find it harder to regulate attention, impulses and emotions.

One of the most misunderstood parts of ADHD is hyperfocus.

When a child is fascinated by something, they can become completely absorbed.

Hours disappear.

The difficulty is switching attention when something feels less interesting.

That is very different from choosing not to concentrate.

What Helps?

✓ Clear routines
✓ Movement breaks
✓ Visual reminders
✓ Short instructions
✓ Praise
✓ Patience
✓ Understanding



Understanding Autism

A different way of experiencing the world
is not a lesser way.



"Behaviour is communication."

Understanding Autism

Autism is not something to be cured.

It is not something to be feared.

It is another way of experiencing the world.

Some autistic children love routine.

Others seek sensory input.

Some avoid it completely.

Some communicate differently.

Some speak early.

Some speak late.

Some never stop talking.

Others use very few words.

There is no single autistic child.

Only individual children.

Many autistic people describe feeling as though the world was designed for somebody else.

Bright lights.

Busy classrooms.

Unexpected change.

Loud noise.

These things can become overwhelming.

One of the greatest gifts we can give autistic children is predictability.

Knowing what comes next reduces anxiety.

Feeling understood builds confidence.

Remember

Behaviour is communication.

Always ask:

"What is my child trying to tell me?"

The Journey

Every child's path from confusion to confidence



Strengths We Often Miss

Schools naturally measure literacy.

Numeracy.

Memory.

Exams.

But children have many different strengths.

Some notice patterns others miss.

Some solve problems creatively.

Some are extraordinary artists.

Some build incredible things.

Some have exceptional empathy.

Some remember astonishing amounts of information.

Some become entrepreneurs because they think differently.

Never reduce your child to one school report.

Some of history's greatest innovators struggled in classrooms.

Activity

Tonight, write down five things your child does brilliantly.

Not academic things.

Life things.

Kindness.

Humour.

Creativity.

Curiosity.

Persistence.

Those qualities matter.

What Anxiety Really Looks Like

Parents often imagine anxiety as crying.

Panic attacks.

Fear.

Sometimes it is.

Often it is not.

Sometimes anxiety looks like anger.

Sometimes it looks like silence.

Sometimes it looks like refusing to go to school.

Sometimes it looks like stomach aches every Sunday evening.

Children do not always have the words to explain how they feel.

Instead, their bodies do it for them.

If your child suddenly changes behaviour, ask yourself what has changed around them.

Children generally do well when they can.

If they are not coping, there is usually a reason.

"Your child does not need to be fixed.

They need to be understood."

Heidi Mavir
Author & Neurodiversity Campaigner



Homework Does Not Have to Become a Battle

Few things create more family arguments than homework.

Parents become teachers.

Children become frustrated.

Everyone ends up upset.

Instead of asking:

“Have you finished?”

Try asking:

“What would help you get started?”

Break work into ten minute chunks.

Celebrate progress.

Allow movement.

Use technology where appropriate.

Remember that learning matters more than suffering.

If homework is damaging your relationship with your child every evening, it is worth talking to school.

Jay’s Tip

Protect your relationship before you protect perfect homework.



Technology That Helps

The right tools unlock potential
that effort alone cannot reach.

"Accessibility tools remove barriers. They do not remove learning."

Technology Is Not Cheating

One conversation comes up again and again.

"If my child uses text to speech, are they cheating?"

No.

Think about glasses.

Nobody accuses a child of cheating because they can finally see the board.

Accessibility tools work in the same way.

They remove barriers.

They do not remove learning.

Technology can give children access to information they were previously locked out of.

That is inclusion.

Technology should increase independence.

It should not replace thinking.

Helpful Technology

- ✓ Text to speech
- ✓ Speech to text
- ✓ Mind mapping software
- ✓ Coloured overlays
- ✓ Audiobooks
- ✓ Revision apps
- ✓ AI used responsibly



"Children borrow confidence from adults until they find their own."

Building Confidence Every Day

Confidence grows quietly.

Five minutes reading together.

Celebrating small wins.

Listening.

Laughing.

Giving children responsibility.

Believing them.

Children borrow confidence from adults until they find their own.

Be generous with encouragement.

Notice effort.

Notice courage.

Notice kindness.

Notice resilience.

Those moments shape identity.

Family Challenge

Every evening ask one question:

"What made you proud today?"

Ask it every day for a month.

Watch what happens.



Technology Is Not Cheating.

It is access.

"Advocacy is not confrontation. It is partnership."

When School Gets It Wrong

Schools are full of caring professionals.

Most want children to succeed.

Sometimes systems fail.

Sometimes communication breaks down.

Sometimes support arrives too late.

Sometimes parents are not listened to.

If that happens, stay calm.

Stay factual.

Keep records.

Follow up meetings by email.

Ask for written plans.

Escalate respectfully when necessary.

Advocacy is not confrontation.

It is partnership.

The goal is never to win an argument.

Remember

You are not asking for special treatment.

You are asking for fair access.

There is a difference.



Behaviour Is Communication.

Listen to what they cannot say.

"Your child does not need a perfect parent. They need somebody who keeps turning up."

A Letter to Every Parent

If nobody has told you this recently:

You are doing better than you think.

Your child does not need a perfect parent.

They need somebody who keeps turning up.

Somebody who listens.

Somebody who asks questions.

Somebody who believes in them on the days they cannot believe in themselves.

One day your child will remember very little about the meetings.

Very little about the reports.

Very little about the grades.

But they will remember how safe they felt with you.

They will remember who stood beside them.

They will remember who never gave up.

If this handbook gives you only one thing, I hope it is hope.

Because hope changes families.

And families change lives.

"The moment you stop fighting the system and start understanding your child,

everything changes."

Natalie Brooks
SEND Parent & Advocate



Walking Into School With Confidence

For many parents, walking into school can feel intimidating.

You are sitting opposite teachers, SENCOs, senior leaders and professionals who use language you may never have heard before.

Remember this.

Nobody knows your child better than you.

Teachers know your child in school.

You know your child in life.

Both perspectives matter.

You are an equal partner.

Never be afraid to ask someone to explain something.

Never apologise for taking notes.

Never feel guilty for asking another question.

Your child deserves a team working together.

Not people working against one another.

Before Every Meeting

✓ Read previous notes
✓ Write down your concerns
✓ List your child's strengths
✓ Decide what success would look like
✓ Leave with agreed actions

Questions Every Parent Should Ask

Instead of asking:

“How is my child doing?”

Try asking:

What barriers are stopping my child from learning?

What adjustments are already in place?

How do you know they are working?

What evidence are you using?

What happens next if they do not work?

Who is responsible?

When will we review this?

Those questions move the conversation from opinions to actions.

Jay’s Tip

If something important is agreed in a meeting, send a friendly email afterwards.

“Thank you for today. Just to confirm, we agreed…”

Written records help everyone.

"A reasonable adjustment is not an advantage."

Reasonable Adjustments



A reasonable adjustment is not an advantage.

It is a way of removing unnecessary barriers.

Imagine asking someone to run a race wearing heavy boots while everyone else wears trainers.

Giving them trainers is not unfair.

It is fair.

Examples of reasonable adjustments include:

✓ Extra time in exams
✓ Rest breaks
✓ Text to speech software
✓ Speech to text software
✓ Coloured paper or overlays
✓ Reduced distractions
✓ Alternative ways to record answers
✓ Clear written instructions

Every child is different.

The adjustment should fit the child.

The child should not have to fit the adjustment.

Understanding EHCPs

An Education, Health and Care Plan can seem overwhelming.

Parents often receive a document full of legal language and wonder where to begin.

Start here.

Read the outcomes.

Do they clearly describe what success looks like?

Then read the provision.

Does it explain exactly what support will be provided?

Words matter.

“Access to support” is not the same as “will receive support.”

Specific language creates accountability.

If you are unsure, ask someone to explain it.

Never feel embarrassed.

These documents affect your child’s future.

Remember

Provision should be specific.

Not vague.

"Fairness is not treating every child the same."

Exams Should Measure Knowledge Not Reading Speed

Many neurodivergent students know the answers.

The difficulty is accessing the questions.

Reading speed.

Working memory.

Processing information.

Fatigue.

These barriers can affect performance long before knowledge becomes the issue.

That is why access arrangements exist.

Their purpose is simple.

To give every student a fair opportunity to demonstrate what they know.

Fairness is not treating every child the same.

Fairness is giving every child what they need to succeed.

"Accessibility is not lowering expectations. It is raising opportunity."

Technology Opens Doors

Technology has transformed education.

For neurodivergent learners, it can be life changing.

Imagine hearing text read aloud.

Speaking instead of typing.

Turning a page of notes into a simple summary.

Creating mind maps instead of writing paragraphs.

These tools do not make learning easier.

They make learning more accessible.

Accessibility is not lowering expectations.

It is raising opportunity.

Tools Worth Exploring

✓ Text to speech
✓ Speech to text
✓ Mind mapping
✓ Audiobooks
✓ Revision apps
✓ AI study support
✓ Digital organisation tools



When Your Child Says "I'm Stupid"

Every parent remembers the first time.

The words hit like a punch.

Do not rush to say:

"No you are not."

Instead ask:

"What made you feel that way today?"

Listen first.

Children do not always need solutions.

Sometimes they simply need somebody to hear them.

Then remind them of something they have overcome before.

Confidence grows through remembered success.

Try This

Keep a Success Journal.

Every evening write one thing your child achieved.

It does not have to be academic.

Being kind.

Trying something new.

Getting out of bed on a difficult day.

Everything counts.



"Education is one chapter. It is not the whole story."

Looking Beyond School

School is important.

It is not everything.

Some children flourish later.

Some discover talents nobody noticed in the classroom.

The qualities employers increasingly value include:

Creativity.

Problem solving.

Communication.

Adaptability.

Resilience.

Curiosity.

These qualities are often found in abundance among neurodivergent people.

Never allow one school report to become your child's identity.

Education is one chapter.

It is not the whole story.



Looking After Yourself

You cannot pour from an empty cup.

Looking After Yourself

Parents rarely put themselves first.

You spend your energy fighting for appointments.

Meetings.

Reports.

Support.

Then you go home and keep going.

Please remember this.

You matter too.

Take a walk.

Meet a friend.

Ask for help.

Join a support group.

Rest when you can.

A child who sees a parent looking after themselves learns something important.

Self care is not selfish.

It is necessary.

Remember
Self care is not selfish. It is necessary.

You Cannot Pour From an Empty Cup

Looking after yourself is one of the greatest gifts you can give your child.

“You believed in them.”

Before You Turn the Page

I want you to stop for a moment.

Think about your child.

Not their diagnosis.

Not their school report.

Not their struggles.

Think about their smile.

Their laugh.

Their imagination.

The way they light up when talking about something they love.

That is who they are.

Everything else is just part of their story.

Your job is not to remove every obstacle.

Your job is to remind them that obstacles do not define them.

One day they may not remember every conversation you have had.

But they will remember one thing.

You believed in them.

Sometimes that is the greatest gift a parent can ever give.

"Confidence grows in ordinary conversations."

Your 30 Day Confidence Plan



Small actions create big change.

Do not try to transform everything overnight.

Instead, focus on one simple promise.

For the next 30 days, I will protect my child's confidence every single day.

It does not need to be complicated.

Read together for ten minutes.

Celebrate effort instead of perfection.

Ask about the best part of their day.

Laugh together.

Take a walk.

Listen without trying to fix everything.

These moments matter.

This Week's Challenge

Tell your child something you admire about them that has nothing to do with school.

Repeat it often.

Children begin to believe what they hear consistently.

Building Your Child's Team

No parent should do this alone.

Your child's team might include:

Their class teacher.

The SENCO.

Teaching assistants.

Family members.

Friends.

Tutors.

Educational psychologists.

Speech and language therapists.

Occupational therapists.

Healthcare professionals.

Most importantly:

You.

Remember that professionals bring expertise.

Parents bring insight.

The best outcomes happen when both are respected equally.

Jay's Note

Never underestimate your instincts.

You know your child better than anyone.

Trust that.

"Every parent I work with has the same fear.

Am I doing enough?

The answer is almost always yes."

Kate Manning
SEND Advocate & Parent Coach

Key Terms

SEND Language Explained

The education system loves acronyms.

Parents often feel as though everyone else understands them.

Here is a simple guide.

SEND

Special Educational Needs and Disabilities.

SENCO

The teacher responsible for coordinating SEND provision.

EHCP

Education, Health and Care Plan.

A legal document describing support a child should receive.

Reasonable Adjustments

Changes made to remove barriers to learning.

Access Arrangements

Support provided during examinations.

Working Memory

The brain’s temporary notepad.

Many neurodivergent learners find this particularly challenging.

Never be embarrassed to ask someone to explain educational language.

Good professionals will always take the time.

"Parents are trying to protect the person they love most in the world."

Things I Wish Every Teacher Knew

Most teachers enter education because they care.

This page is not criticism.

It is a wish.

I wish every teacher knew how exhausting masking can be.

I wish every teacher knew that reading aloud can fill some children with dread.

I wish every teacher knew that confidence can disappear quietly.

I wish every teacher knew that behaviour often tells a story.

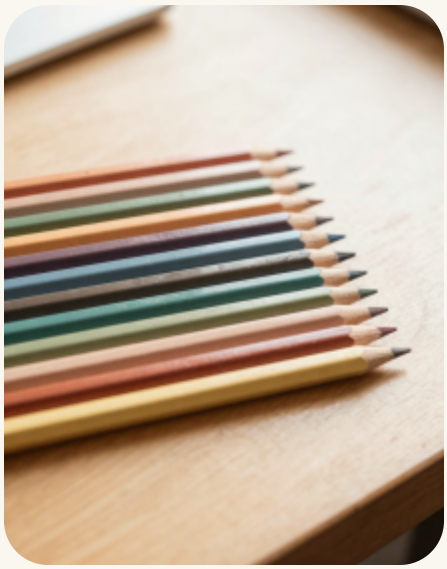
I wish every teacher knew that parents usually are not trying to be difficult.

They are trying to protect the person they love most in the world.

When schools and families work together, remarkable things happen.

"Success has never had one definition."

Success Does Not Look the Same for Everyone



One child becomes a doctor.

Another starts a business.

Another becomes an artist.

Another builds software.

Another becomes a plumber.

Another raises an amazing family.

Success has never had one definition.

Do not let anybody convince your child that exam grades determine their worth.

Education opens doors.

It does not define a person's value.

Your child is far more than a collection of grades.

Remember

Comparison is the quickest way to lose sight of progress.

Celebrate your child's journey.

Not someone else's.



Success Does Not Look The Same For Everyone.

And it was never supposed to.

10 Things Every Teacher Should Know About Neurodivergent Children

1. They are trying harder than you think.
2. Behaviour is communication, not defiance.
3. Praise effort before accuracy.
4. Small adjustments make enormous differences.
5. They notice every sigh, every eye roll, every tone.
6. Comparison destroys confidence.
7. They need to feel safe before they can learn.
8. One kind teacher can change a life.
9. Their parents are not making excuses.
10. They were never broken.

🎙️ From the Thick No More Podcast

My Child at a Glance

A printable overview for parents, teachers and support teams

My child's strengths

Things they enjoy

Things that overwhelm them

What helps them learn

What teachers should know

Reasonable adjustments that work

Emergency calming strategies

Notes



Resources

Tools, communities and further reading
to support your journey.

Recommended Resources

Podcasts

Thick No More

Real conversations with inspiring guests sharing lived experience of dyslexia, ADHD, autism and education.

Books

Look for books written by neurodivergent authors alongside those written by professionals.

Both perspectives matter.

Organisations

British Dyslexia Association

ADHD Foundation

National Autistic Society

IPSEA

Contact

Local Parent Carer Forums

Your Local Authority SEND Information, Advice and Support Service, known as SENDIASS

Remember

Support is available.

You are never expected to navigate this journey alone.



“You were never broken.”

A Letter to Your Child

One day I hope you read this.

Perhaps you are still at school.

Perhaps you are an adult looking back.

Either way, please remember this.

There has never been anything wrong with the way your brain works.

The world sometimes struggles to understand different ways of thinking.

That is not your fault.

Keep asking questions.

Keep being curious.

Keep being yourself.

The qualities that make you feel different today may become the qualities that define your success tomorrow.

Never allow anyone else’s limited expectations to become your own.

You were never broken.

Thank You

Thank you for caring enough to read this handbook.

Thank you for showing up.

Thank you for fighting for your child.

There will be difficult days.

There will also be extraordinary days.

Celebrate every step forward.

Progress is rarely dramatic.

Most of the time it happens quietly.

One conversation.

One encouraging teacher.

One adjustment.

One breakthrough.

One smile.

Those moments change lives.

About Jay Giddens



Jay Giddens is the founder and host of the Thick No More Podcast, where he speaks with parents, educators, researchers, campaigners and people with lived experience to challenge outdated thinking about neurodiversity.

After spending much of his own childhood believing he was thick, Jay was diagnosed with dyslexia later in life.

That experience inspired him to create a platform dedicated to changing the conversation around education, confidence and inclusion.

Through his podcast, writing and public speaking, Jay's mission is simple.

To make sure fewer children grow up believing the lies that so many neurodivergent adults were once told.

I was told I was thick.

I believed it for years.

If this handbook helps just one child avoid believing that about themselves, every late night writing it was worth it.

— Jay

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Your Child Was Never Broken.

They were always enough.



"Every child deserves to feel seen, heard and valued."

One Final Thought

If you have made it this far, I want to leave you with one final message.

Somewhere today, a child is sitting in a classroom wondering if they are clever enough.

Somewhere today, a parent is worrying about tomorrow's school meeting.

Somewhere today, a teacher is trying their best with limited time and resources.

Change does not begin with governments.

It does not begin with policies.

It begins with people.

People who choose to understand before they judge.

People who ask questions instead of making assumptions.

People who believe that every child deserves to feel seen, heard and valued.

I hope this handbook has helped you become one of those people.

If it has, please do not keep it to yourself.

Share it with another parent.

Recommend it to a teacher.

Pass it on to a school.

Because every child who discovers they were never broken is one less child who grows up believing they are.

Thank you for reading.

Jay Giddens

You're Not Alone

Continue your journey with the Thick No More community.

If this handbook helped you...

Please share it with another parent.
Recommend it to a teacher.
Pass it on to a family who needs hope.

Together we can change the conversation
around neurodiversity.

Because no child should grow up
believing they are "thick."

thicknomore.com

THICK NO MORE

Changing the conversation around neurodiversity.
Helping families replace confusion with confidence.

Podcast

Parent Handbook

Community

jaygiddens.com

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