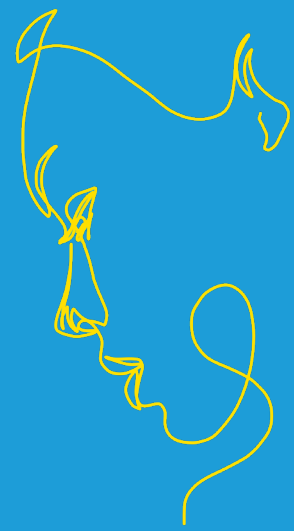


Spotting neurodivergence in girls

You may see girls in health appointments for the issues below. These can be caused by unidentified neurodivergence, although they can have other causes too.



Health appointment is for:	Could be due to unmet ND needs, eg:
<p>Mental health</p> <ul style="list-style-type: none"> • Low self-esteem • Anxiety and depression • Self-harm, suicidal thoughts 	<ul style="list-style-type: none"> • Sensory overwhelm • Unpredictability of life, transitions and sudden changes of routine • Burnout from masking autistic traits and mimicking neurotypical behaviour • Processing differences and perfectionism lead to feelings of failure • Bullied or isolated from peer group • Anxiety when separated from trusted adults
<p>OCD-like tendencies</p> <ul style="list-style-type: none"> • Repeated behaviours like finger picking, nailbiting, repeated speech patterns 	<ul style="list-style-type: none"> • Healthy stims to soothe and regulate • Or OCD triggered by unmet needs
<p>Sleep</p> <ul style="list-style-type: none"> • Difficulties falling and staying asleep, or sleeping alone 	<ul style="list-style-type: none"> • Circadian rhythm differences affecting sleep patterns • Anxiety • Distress caused by separation from trusted adult
<p>Eating</p> <ul style="list-style-type: none"> • Restricted diet; tolerates only certain foods • Under eating, anorexia, bulimia • Over-eating 	<ul style="list-style-type: none"> • Sensory differences relating to texture • Sensory differences mean she may not feel full or hungry • Hyper-focus means that she finds it difficult to interrupt what she is doing to eat or drink • Coping mechanism for anxiety • Passionate interest in fitness and nutrition
<p>Digestion</p> <ul style="list-style-type: none"> • Constipation, diarrhoea, vomiting • Abdominal pain • Reflux • Bowel inflammation 	<ul style="list-style-type: none"> • Anxiety • Food intolerances (may be more likely in autistic people)
<p>Physical</p> <ul style="list-style-type: none"> • Hypermobility • Painful joints • Seemingly 'under' or 'over' sensitive to pain and/or temperature 	<ul style="list-style-type: none"> • Differences in muscle tone or motor skills • Differences in how pain and physical sensation is experienced • Seeking more sensory input through the feet