

# bridge to home.



**You've tried the programs.**

**You understand your child.**

**But at home, everything still falls apart.**

We Can Help.

# What Bridge to Home is.

Bridge to Home is a short-term, in-home parenting support program delivered by The Neurodiverse Network.

It focuses on supporting parents to implement strategies in the environments where challenges actually occur – morning routines, mealtimes, transitions, after-school periods, and evenings.

Rather than offering generic advice or behavioural programs, Bridge to Home is collaborative, individualised, and grounded in real routines.





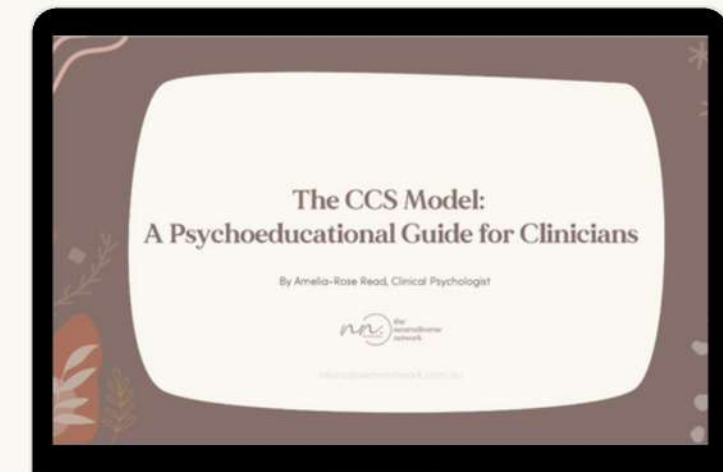
# Who the program is designed for:

**Bridge to Home is suitable for families who:**

- **Have a neurodivergent child (autism, ADHD, or both)**
- **Notice behaviour is significantly more challenging at home than at school or therapy**
- **Feel that strategies make sense in theory but fall apart in practice**
- **Experience high levels of parent stress, burnout, or self-blame**
- **Want practical, respectful support rather than judgment or rigid behaviour plans**

It is recommended that parents have attended one of our Parent Education Workshops by the NDN prior to have an understanding of the CSS Model by Amelia Read.

This will be the foundation for the support system implemented in your home.





# What makes Bridge to Home different?



**Most parenting support is delivered in clinics, offices, or workshops. However, behaviour rarely escalates in those environments – it escalates at home.**

**By working directly within the home, Bridge to Home allows support to be responsive to sensory input, environmental stressors, family dynamics, time pressure, and emotional load.**

**This enables strategies to be realistic, achievable, and sustainable.**



# How does Bridge to Home work?



## **1. Parent-only intake (2 hours)**

The program begins with a parent-only intake session. This allows space to explore concerns openly, identify key pressure points or 'hot zones', and clarify goals without placing additional demands on the child.

## **2. In-home support over 6 weeks**

Over six weeks, families receive a tailored blend of in-home support and parent sessions. This may involve spending time alongside families during everyday routines, modelling helpful adjustments, and supporting parents to trial changes as they happen.

## **3. Brain-informed strategy support**

Strategies are guided by the CCS (Cognitive, Chemical, Sensory) model, recognising that behaviour is shaped by thinking load, emotional regulation capacity, and sensory stress – not willfulness or defiance.



# What Do Parents Notice?

Parents commonly report, that after implementing the CSS Model & in-home support together:

- Reduced escalation during daily routines
- Increased understanding of why challenges occur at home
- More realistic expectations of themselves and their child
- Reduced overwhelm and parent burnout
- Strategies that feel achievable and sustainable



# Program Details & Next Steps.



## Program details

- Duration: 6 weeks
- Commencing 6 February 2026
- Format: In-home support combined with parent sessions
- Cost: \$156.16 per hour

## Next steps

If you are unsure whether Bridge to Home is the right fit for your family, you are welcome to get in touch to discuss suitability.

## Contact:



[info@neurodiversenetwork.com.au](mailto:info@neurodiversenetwork.com.au)



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# Combining Lived & Clinical Experience.

**Bridge to Home is delivered by The Neurodiverse Network, a neuroaffirming service specialising in practical, real-world family support for parents of neurodiverse children.**



**Designed by Clinical Psychologist  
& Founder Amelia Read**



**Implemented by Monica Munro  
Counsellor & Parent of Four  
Neurodiverse Children.**



**Eden Crabtree NDIS Support  
Coordinator, and Parent of Three  
Neurodiverse Children.**