

Zoe's Approach:



- Client-centred and culturally safe.
- Neurodiversity-affirming.
- Focused on building skills and confidence over time.
- Aiming to support parents and individuals to feel more capable and informed in the long term.

Zoe Haines is an
Accredited Practising Dietitian.



More Information :



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Telehealth & In-Clinic



**Food shouldn't
feel like another
battle.**
**Meet our
neurodivergent-
affirming dietitian**

Practical nutrition support for ADHD, autism, sensory sensitivities, gut health, energy, and everyday eating challenges – for kids, teens, and adults.

Your first appointment (1.5–2 hours)



This session is about understanding you and what support will be most helpful.

We may explore:

- Your goals and what you're hoping to gain from seeing a dietitian
- Your / child's health history (medical and family history)
- Lifestyle Factors, Eating Patterns & Ongoing Symptoms

Creating a plan together

Lifestyle factors:

- Work, school or study
- Activity levels
- Stress and energy
- Sleep
- Menstrual cycle (if relevant)

Eating patterns:

- A typical day of eating
- Food preferences and dislikes
- Allergies or intolerances
- Sensory preferences

Ongoing Symptoms

- Fatigue
- Appetite changes
- Reflux or bloating
- Bowel habits
- Children's sensory issues

Ongoing Support



We identify any areas to support or adjust

We work collaboratively on an achievable, evidence-based plan

Appointment frequency is individual and flexible

This may look like:

- Fortnightly sessions
- Monthly check-ins
- Every 2–3 months
- Support can be short-term or ongoing, depending on your needs