somenté

where neuroscience *meets* nurture

THE FOUNDATION PROGRAM · ADHD / AUTISM / AUDHD

You love your neurodivergent child completely. Loving them and understanding them are two different things.

Twelve weeks, four phases, and a fundamentally different way of seeing your child.

Finally understand your neurodivergent child, and change the way your whole family functions at home. Not with more strategies or conflicting advice. With the understanding that changes how you see your child, how you respond in the hard moments, and how connected you both feel on the other side.

You love your neurodivergent child completely. But loving them and truly understanding them are two different things — and right now, you are living in the gap between them. The Foundation Program closes that gap, turning the confusion and exhaustion into something that finally feels like clarity, confidence, and real connection.

THREE DIAGNOSIS-SPECIFIC VERSIONS

The Foundation Program is not a generic framework applied to every family. When you enrol, you join the version built specifically around your child's diagnosis: ADHD, autism, or AuDHD. Each version is grounded in the distinct neurobiology of that profile. AuDHD is treated as its own neurological profile — not a combination of two separate programs.

WHERE YOU ARE NOW

Drowning in advice, appointments and opinions, with no one explaining what any of it means for your child.

Reacting in ways you regret, then carrying the guilt long after the moment has passed.

Running on empty, with nothing left by the time the hardest part of the day arrives.

WHERE YOU FINISH

The noise resolves into one clear framework that finally makes sense of your child.

You respond instead of react, and when a moment goes wrong, you know how to repair it.

You end the day with something left, because your nervous system is part of the plan too.

HOW IT WORKS

12 WEEKS · 12 SESSIONS × 90 MINUTES · DIAGNOSIS-SPECIFIC: ADHD / AUTISM / AUDHD

The Foundation Program runs across 12 weeks in four phases — the Foundation Framework: REFRAME, READ, REGULATE, RECONNECT. Each phase earns the next. The sequence is clinically grounded: you cannot regulate a child you do not understand; you cannot co-regulate until you regulate yourself; and you cannot build genuine connection until there is safety.

HOW EVERY SESSION IS STRUCTURED: LEARN · DO · BE

Every session moves through three stages. LEARN is where you build the understanding — the neurological reasons behind what you are observing. DO moves that knowledge into specific action for your child, with resources built during the session. BE is where it becomes a shift in how you see your child and how you show up — not just in the session, but in the moments nobody planned for. Every milestone below is built around all three stages.

THE MILESTONE MAP

Eight milestones across four phases. One initial consultation plus eleven milestone sessions — twelve sessions in total.

PHASE 1 · REFRAME

Paradigm Shift [1 session]

A new lens. Your child's behaviour stops being a mystery and starts being information.

Sensory Understanding [2 sessions]

The full scope of your child's sensory world, mapped across all 8 sensory systems.

PHASE 2 · READ

Regulation: The Cup Concept [2 sessions]

Read your child's regulatory state in real time and intervene before the cup overflows.

Transitions: The Tentacle Theory [2 sessions]

Anticipate the hard transitions instead of being caught off guard by them.

PHASE 3 · REGULATE

Parent Co-Regulation [1 session]

You first. Your triggers, your patterns, and your reliable way back to calm.

Household Alignment [1 session]

A home that supports regulation, and the language to bring everyone else with you.

PHASE 4 · RECONNECT

Psychological Safety [1 session]

Become the parent your child knows they can come to, even when they are struggling.

Rebuilding Connection [1 session]

Repair scripts, check-in rituals, and a new language you and your child share.

WHAT YOU LEAVE WITH

SENSORY PROFILE

Your child mapped across all 8 sensory systems, including top triggers and top relievers.

REGULATION RESPONSE PLAN

A personalised plan built on your child's real patterns, triggers and early warning signs.

TRANSITION PLAN

Preparation plans for your three highest-conflict transitions: mornings, pickups, bedtime.

YOUR REGULATION SCRIPT

A nervous system audit for you, and a script for the hard moments: when I notice X, I do Y.

THE SCRIPT LIBRARY

Repair conversations, check-in rituals, and age-appropriate language for your child's experience.

THE FOUNDATION FRAMEWORK

Reframe, Read, Regulate, Reconnect. The lens that turns behaviour into information, for good.

EVERY RESOURCE IS YOURS TO KEEP

- The Diagnosis Decoder
- The Sensory Profile Mapping Tool
- The Sensory, Anxiety or Skill-Gap Flowchart
- The Reading My Child Tracker
- Your child's Regulation Response Plan
- The What I Can Say Right Now scripts
- The Parent Nervous System Audit
- Your Personal Regulation Script
- The Repair Conversation Scripts
- The Check-In Ritual Framework
- The Reconnect Script Library
- What We Built Together: your program record

These are not generic templates. Every resource is built around your specific child, during your sessions.

PROGRAM DETAILS

FORMAT — 12 x 90-minute sessions via Zoom across 12 weeks (initial consultation + 11 milestone sessions)

DELIVERY — 1:1 with Lauren Quirke

FREQUENCY — Weekly recommended. Fortnightly available for families who need more time between sessions.

ENTRY — Diagnosis required (ADHD, autism, or AuDHD). You are placed in the version matching your child's profile.

SUPPORT — Structured check-in at the start and end of every session — the program adapts as you move through it. Between-session email support throughout. Session recordings included.

NEXT STEP — Complete and valuable as a standalone. Some families continue into The Blueprint Program — Lauren will advise on whether that is the right fit and the right time for your family.

IS THIS YOU?

"Our home feels like a minefield. I spend all day trying not to set anything off."

"I love my child completely. And I am so, so tired."

"I can handle the hard days. What I can't handle is not understanding them."

WHAT PARENTS OFTEN ASK BEFORE THEY BOOK

We have tried strategies before and they never seem to stick. How is this different?

This program does not lead with strategies. It starts with understanding — specifically, the neurological reasons behind what you are observing in your child. When you understand why your child responds the way they do, the right response often becomes obvious without someone needing to hand it to you. Strategies that come from that place stick because they actually make sense — to you and to your child's nervous system.

How is this different from working with an OT, psychologist, or paediatrician?

Those professionals assess and treat your child. This program works with you — the parent — to build the understanding that makes every other professional relationship more effective. Parents who complete the Foundation Program consistently find that their subsequent allied health appointments are more productive because they arrive knowing what they are looking for. This does not replace those relationships. It makes them work better.

I don't know if now is the right time. We are in a really hard season.

The hard seasons are usually exactly when the cost of not understanding is highest — not because adding something new is easy, but because the Foundation Program is not something you pile on top of survival mode. It is what helps you move out of it. That said, timing matters, and the discovery call is the right place to have that conversation honestly. If now is genuinely not right, Lauren will tell you.

YOUR INVESTMENT

FOUNDING FAMILY INVESTMENT

$2,800 + GST

Nothing changes while you wait. The hard mornings, the guilt, the guessing — they cost you something every single week. Understanding is how that stops.

Payment plan options are outlined in the separate pricing and payment guide.

HOW TO GET STARTED

01 Book your free Discovery Call — 30 minutes with Lauren to hear about your child, confirm the diagnosis, and make sure this is the right fit and the right time.

02 Receive your welcome pack — Once you decide to proceed, you receive your diagnosis-specific program details and your initial consultation booking.

03 Begin your initial consultation — Lauren builds a picture of your child's specific profile before milestone work begins. You are not starting from zero.

Ready to build the foundation?

Book your free 30-minute Discovery Call at www.neurodivergentneuroscience.com — no commitment, just a conversation.

ADHD · AUTISM · AuDHD

The Foundation Program is part of the Mastering the Moments in Between program suite by Somenté.