

Finding the Flex Voices

Parent/Carer

Si is mum to a 12-year-old AuDHD boy who attends a large secondary school. He couldn't cope with attending school five days a week. Now, he stays home one day each week, focusing on activities like coding, day-to-day life skills, and exploring quieter environments, which are more manageable for him.

Why flexischooling?

- 1 To limit the amount of exposure our neurodivergent son gets to the overwhelming secondary school environment.
- 2 So he can study extracurricular interests such as coding without having to fit them into after school times when he is exhausted from school.
- 3 Limiting the lessons he finds difficult has meant more positive experiences at school, so he is more comfortable to be there.
- 4 To support him with homework, which he is more motivated to do during 'school' hours.
- 5 We can do the various admin tasks that require him going somewhere that would be busy outside school hours, like shoe fitting, hair cuts etc, in the more peaceful time when most children are in school.

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I feel passionately that flexischooling could be a low-cost but highly effective way to support neurodivergent pupils in mainstream schools. By seeing how successful it has been for my son, I want others to share the same opportunity to find what works for them.

The benefits we've seen

Flexischooling has significantly reduced pressure on our family. My husband and I are less stressed with one day a week free from the struggle to get him to school, which can be physically and emotionally draining. Our son is more accepting of school as he feels his individual needs are being met. He talks positively about his school, recognising its flexibility compared to others.

Without flexischooling I could see him progressing from stage 1 EBSNA to a position where we can't get him into school at all.

We are a family that is very passionate about school attendance. While our daughters rarely miss school, we've learned that full-time school doesn't suit everyone, especially neurodivergent children.

