

● 2014

H enters the world... hey H!



● 2016

H's difficulties become more apparent...



● 2017

The 'DARK AGES' begin...



H's behaviour becomes increasingly difficult to manage

I am diagnosed with breast cancer and go through treatment

Family relationships are under strain

● 2020

Pandemic exacerbates problems with H's anxiety and behaviour

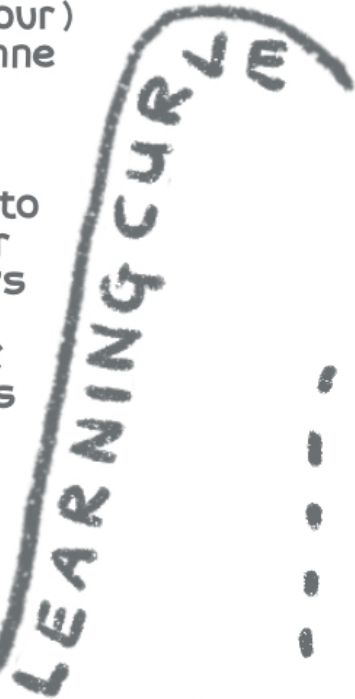
Behaviour diary is kept

Applied for ADHD/ASD assessment with Edwin Lobo Centre (ELC)

Attended 3x SEND VCB (violent and challenging behaviour) webinars with Yvonne Newbold

ILLUSTRATION:

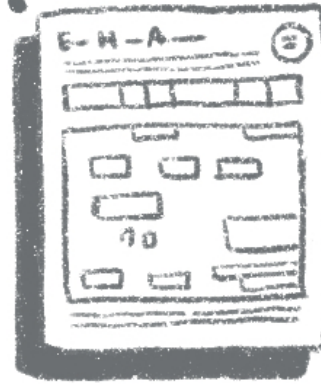
Opportunity arose to design cover for Dr Joan van den Brink's book: The Three Companions. Work begins and reignites my passion for illustration



● 2019

H has a traumatic start to school and masks symptoms

He is now having very violent meltdowns at home and starts hand licking. He is also having lots of toilet accidents



● 2018

Nursery notice struggles with H's behaviour (non-compliance, going into character, communication difficulties).

Early Help Assessment is done

My husband and I complete Parent Puzzle parenting course

I begin researching ADHD and ODD

ILLUSTRATION: I open Etsy shop for Coffee Bean Cards

● 2022

We start to move out of the 'DARK AGES'...

Decision made to homeschool H

H receives ASD diagnosis

I leave my job as a barista and do some work as a SEN TA in a lower school

ILLUSTRATION: Begin MA in January but intermit after first module to support H and go through EHCP process

Begin using more visual and written communication with H. First Ralph and Tom story used successfully. Did 'drawing therapy' with H. Became interested in art therapy



● 2021

ELC declined H for assessment. Appealed decision and ELC then agreed to assess (very draining process)

Attended 6 week online course with ADHD Wise UK

H really struggling at school, emotionally and with regard to learning, every day a battle to get him to school. Demand avoidance tendencies high... still frequently having bad meltdowns and bad fights with his brother. Homelife very difficult

I change career after 20 years in admin and take a part-time job as a barista to work towards dream of one day owning a cafe by the sea where I can sell my cards

ILLUSTRATION: The Three Companions book release party - I received great feedback from Joan and her publisher - a lovely moment



● 2023

H and I attend CHUMS Parent/Child ASC 6 week Workshop about managing emotions

My husband and I complete SPF (supporting and progressing families) parenting course

I gain my TQUK Level 2 certificate in Understanding Autism (RQF)

Harry gets his EHCP and starts school at a specialist autistic provision within a mainstream school. Things seem much more positive. H is much happier and his behaviour is easier to manage

ILLUSTRATION: I recommence my MA and take forward my project to produce comic strip stories as a social nurture aid for children with SEND, developing the original Ralph and Tom story

