

# Supporting Self-Care & Hygiene in Neurodivergent Youth (Ages 10-14)

May 6, 2026

10:00-11:30am MT

This parent and caregiver workshop explores the hidden barriers that neurodivergent youth often face when it comes to self-care and daily hygiene routines. While tasks such as showering, brushing teeth, and getting ready for the day may appear simple, they frequently involve complex executive functioning, sensory processing, motivation, and transition challenges.



## Learning Outcomes:

- Understand the neurological and executive functioning barriers that can make hygiene routines difficult for neurodivergent youth
- Learn practical strategies to reduce conflict and increase cooperation around self-care routines
- Explore ways to build sustainable habits that support independence and personal responsibility
- Gain tools to support motivation, time awareness, and routine sequencing in daily self-care tasks

## Speakers:

Azra Karmali-Moloo - R. Psych, Registered Psychologist. Azra is a Registered Psychologist who works extensively with children, adolescents, and families in the areas of neurodevelopment, learning differences, and emotional regulation. Her clinical work focuses on helping families better understand the neurological foundations of behaviour while building practical strategies that support independence and self-confidence in neurodivergent youth.



Target Audience: Parents and caregivers of neurodivergent youth (ages 10-14), including children with ADHD, Autism Spectrum Disorder, executive functioning challenges, or sensory sensitivities. This session may also be helpful for educators, support staff, and professionals working with neurodivergent children

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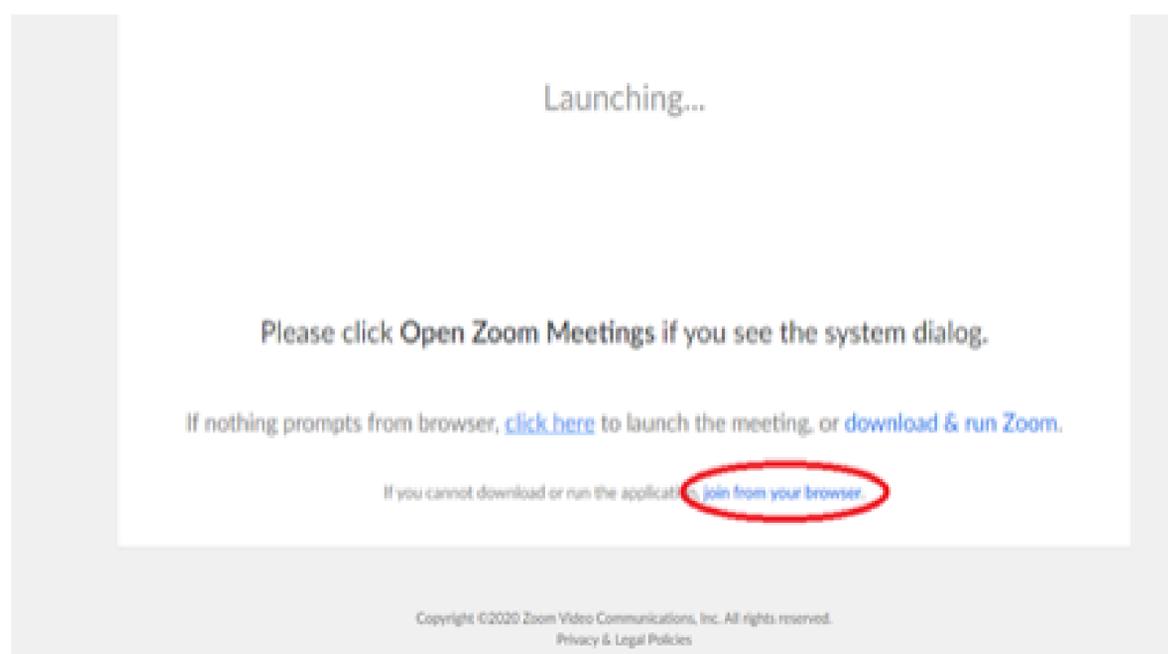
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