

Two pictures of the same child or teen

For parents who see something at home that no one else seems to see.

AT SCHOOL, YOU MIGHT HEAR

"So easy to have in the class."

"Always polite. Never any trouble."

"Says everything is fine when we ask."

"No concerns from our side."

AT HOME, YOU MIGHT SEE

A meltdown minutes after pickup, over something small

A closed bedroom door for the rest of the afternoon

"I'm fine," and then suddenly not fine at all

Seemed to understand the lesson, but can't do the homework

Both pictures can be true at the same time.

WHAT CAN SIT UNDER A CALM SURFACE IN 22Q

Understanding language. A school-age child or teen can chat easily and still miss a lot of what was said.

Organising. Knowing what to do, and being able to start, plan and finish it, are separate skills.

Attention. The drifting, daydreaming kind doesn't disrupt a class, so it is easy to miss.

Feelings. Worry and low mood often stay inside, until they are somewhere safe enough to let them out.

A DIFFERENT QUESTION TO ASK

Instead of "Why are they fine at school but not with me?"

try **"What is it costing them to be fine at school?"**

In our clinical experience, home is often where that cost shows up, because home is where it feels safe enough to stop holding it together. That says something good about home.

YOUR TWO PICTURES, FOR ONE WEEK One line in each column a day is enough.

They said the day was...

At home, I saw...

WEBINAR WITH LINDA CAMPBELL & SASJA DUIJFF

Masking and Hidden Difficulties

In the webinar we show you what to do with these notes, at home and with teachers, doctors and employers.

Bring your questions to the live Q&A on Sunday 8 November (two time zones). The recording is included. Subtitles in 12 languages.

Join us on 8 November
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Two pictures of the same adult

For parents of adults with 22q, who hear a different story at home.

AT WORK AND APPOINTMENTS, OTHERS HEAR

"Yes, got it."

"I'm good, thanks. No questions."

"Reliable. Never complains."

"Seems to be managing well on their own."

AT HOME, YOU MIGHT SEE

Work problems you hear about weeks later

Mistakes kept quiet, because asking felt riskier

Worry about tomorrow, because today's instructions didn't stay

A phone call to you after every appointment:
"What did they mean?"

Both pictures can be true at the same time.

WHAT CAN SIT UNDER A CAPABLE SURFACE IN ADULTHOOD

Instructions at work. Following a conversation and holding on to the steps afterwards are separate skills.

Daily living. Someone can hold down a job and still need help with money, cooking or planning the week.

If you are an adult with 22q and this sounds like you: part of the webinar is spoken directly to you.

Health appointments. Answering "I'm good" to every question can hide what wasn't understood, or wasn't asked.

Feelings. Worry about getting it wrong, or about losing the job, often stays hidden from colleagues.

A DIFFERENT QUESTION TO ASK

Instead of "They manage so well at work, so why is home so hard?"

try "How much of their energy goes into managing at work?"

In our clinical experience, the crash comes where it feels safe enough to let go. For many adults with 22q, that's home. That says something good about home.

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